



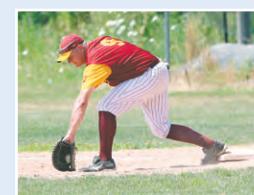
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SERVING PALMER, MONSON, BRIMFIELD, HOLLAND & WALES

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MEMORIAL DAY PLANS

No parade, but Palmer still intends to honor fallen heros

By Jonah Snowden
jsnowden@turley.com

PALMER — What's a parade without a marching band?

That's the way Palmer Town Manager Ryan McNutt said he was looking at it when considering whether or not a rollback of state pandemic restrictions means the town would hastily organize a Memorial Day parade.

"The governor's announcement is not really affecting this decision," McNutt said.

"It's more related to the fact that the (Palmer High School) marching band wasn't really able to play or practice much this year, so they are not in shape to play in the parade. Without the band it's really just traffic."

Instead of a parade — this is the second consecutive year the tradition has been interrupted because of COVID-19 — McNutt said there will be a wreath laying ceremony at each memorial site in the town and surrounding villages. As far as if other public events will take place this summer, McNutt said they are taking things "one month at a time."

Palmer remains in the high-risk category for the virus with 51 new cases for the last two-week period reported by the state. Hampden County as a whole is still considered high-risk with several municipalities, including Springfield, Hampden, and Chicopee also are designated in the "red" category.

Going forward, while the state



Rather than holding a Memorial Day parade again this year, the town of Palmer will hold wreath-laying ceremonies at local military memorial sites.

continues to ease up on pandemic protocols, specifically with face masks, McNutt said he encourages residents to follow guidelines and remain cautious.

"We know masks can be beneficial in closed settings with large numbers of people," McNutt said.

"If you're outside, you probably don't need to wear a mask because there's fresh air flow and social distancing, but if you're going to go into an enclosed space with other people, it's probably prudent to continue wearing a mask."

McNutt said he's willing to answer residents' questions, but provided the caveat that he'd consult with the Board of Health staff, the information some people want might not be available and even if it is, the town might not release it.

"For more general information, the best source I use is the Department of Public Health on mass.gov," McNutt said.

"They have a dashboard with a lot of interactive information that is county and town specific. You can get the number of people that have tested, the number of people who have contracted COVID and the current rate of positivity."

McNutt's also said his open-door policy remains in effect.

"Town Hall is open to the public," McNutt said.

"I have a pretty open and available open-door policy. Many people just walk in and if I happen to be standing at my desk, they can just (talk to) me."

PALMER GRADUATION

Palmer High commencement will be held at Legion field after all

By Michael Harrison
mharrison@turley.com

PALMER — A campaign by Palmer High School students and parents to convince Superintendent Patricia Gardner to hold the June 6 graduation exercises at Legion Field apparently paid off.

Gardner said at a recent school committee meeting that the ceremony would be held in front of the school. The announcement was not well received among some members of the school community. On Tuesday, she reversed course, saying she and Palmer High Principal Sue North "have worked diligently with the town getting permission to have graduation at Legion Field for the Class of 2021. Details of the ceremony will be shared over the next few weeks."

During an April 14 Palmer School Committee meeting, Gardner cited last year's pandemic-impaired graduation held in front of the school.

"We thought our graduation last year went really well," Gardner said, conceding, "it's not a perfect situation."

Since then, parents and students who wanted the ceremony to be held on the field, which allows for more family members and better viewing, were encouraged to make their feelings known. Gardner declined to say if the pressure influenced her decision.



After complaints from students and parents, Supt. Patricia Gardner reversed course and decided Palmer High's graduation will be held on Legion Field like in the past rather than in front of the school.

It's not clear if each student will be allowed to bring more than the six family members or friends stipulated under the original plan.

Following the April 14 meeting, some parents said they wanted a better send-off for their students.

Some complained that it was difficult to view commencement last year from the high school parking lot and that Legion Field not only offers better viewing, but is large enough to allow social distancing.

The grads are "missing out on

every single thing," parent Lynn Brown said last week. "I don't understand why we can't have graduation on Legion field."

North could not be reached for comment by press time.

BUSINESS



Russell Cable, was the highest bidder who purchased the property 1440-1446 North Main St., with a two-story mixed-use building for \$150,000.

'Key parcel' in Depot Village changes hands

By Jonah Snowden
jsnowden@turley.com

PALMER — A versatile piece of downtown real estate recently changed hands.

Last week, the two-story mixed-use building at 1440-1446 North Main Street was sold at auction to the highest bidder, developer Russell Cable, for \$150,000. It's unclear how many people live in the building's top-floor apartment or if whoever lives there will be displaced.

Diamond Junction Bowling Lanes operates in the basement por-

tion of the building, which includes an empty storefront, and it's unclear if it will be impacted by the sale.

Cable said it's an investment property for his son, Russell Cable Jr.

"He's done residential (development) and now I'm buying commercial property and I am going to let him do the project," Cable said.

"I've been doing it (buying property) for over 40 years and playing the game. We can do this for a living and make a lot of money. This is how I'm going to teach

PROPERTY | page 5

ANTIQUE SEASON

Whet your appetite in Palmer for the Brimfield show

By Michael Harrison
mharrison@turley.com

PALMER — Get a bellyful of breakfast and fuel up for a day of antiquing and live music as Marier's Flea Market swings into its 42nd year.

It's five days of down-home cooking and a chance to see and purchase an array of unique vintage items spread over six acres at Marier's, 1628 Park Street (Route 20) in Palmer. The show is 7 a.m.-4 p.m. May 6-10.

Owners Ross and Rose Swiechowicz have something special for visitors this year. Here's a hint: Come hungry.

"We always have great food here — it's not your typical burgers and hotdogs," Ross Swiechowicz said.



This year's food truck, aka Rose's Country Kitchen, will have an expanded menu featuring what Swiechowicz calls "down-home country cooking," including pulled pork, stuffed peppers and more.

"Tasty fresh and the prices are reasonable," he said.

And start early because you don't want to miss the full breakfasts.

"I think we have some of the best homefries around," Swiechowicz boasted.

On Saturday, catch a performance by three-piece country and bluegrass band Still Pickin'.

Swiechowicz said like every other year, the show helps whet the appetite for the week of Brimfield shows that begin May 11.

"We used to call it the 'pre-Brimfield show,'" he said. "We always run the week before and it's been very beneficial."

"We're following all the COVID rules. We're spacing our tents out a little more than usual. It's open air and safe. It was in

ing game in Palmer to see if pandemic conditions would allow the show to open. Both towns are allowing modified shows that adhere to state-mandated protocols on crowd size, social distancing and other measures. Last week, Gov. Baker announced an ease in restrictions, allowing for businesses to open and activities to proceed, though not all at pre-pandemic levels.

"We're just asking everyone to use common sense so can keep this going and get to have the next two shows," Swiechowicz said.

"We were hoping if Brimfield cancelled, Palmer wouldn't necessarily follow suit, but both are allowing it and we're glad," Swiechowicz said.

"We're following all the COVID rules. We're spacing our tents out a little more than usual. It's open air and safe. It was in

Like in Brimfield, it was a wait-

ANTQUES | page 5

Hundreds of antiques dealers coming to town

BRIMFIELD — The first installment of Brimfield Antique Flea Markets 2001 kicks off May 11.

With more than 300 dealers, Brimfield Auction Acres, owned by Kate and Rusty Corriveau, are the lone field for the spring edition of the annual shows. The rest are planning to join them for the summer and fall weeks.

For the past few weeks we've been highlighting some of the more notable dealers you'll see at Auction Acres this spring. Here's our final, pre-show profile:

Dealer name/DBA: Sherry Cohen — Up Your Attic Antiques



Courtesy photo
Up Your Attic Antiques a leader in the New England antique community with over 30 years of experience finding, selling and appraising antiques.



Three Rivers Fire Fighters Association Ladies Auxiliary president Bonnie Lafayette (right) and vice president Marjorie Cavanaugh with the tree the group planted in Laviolette Field last week.

A tree grows in Three Rivers

Ladies Auxiliary replaces weeping willow in Laviolette Park

By Jonah Snowden
jsnowden@turley.com

THREE RIVERS — To replace a treasured weeping willow in Laviolette Field lost to a storm, the Three Rivers Fire Fighters Association Ladies Auxiliary hosted a tree planting event on April 28.

The large weeping willow, which auxiliary President Bonnie Lafayette said was a magnet for photographers, was around for as long as Laviolette field has been around.

"We thought 'why not replace it with another tree?'" Lafayette said.

Auxiliary Vice President Marjorie Cavanaugh said replacing the tree is one of the many ways to help spruce up the town. She also said the group is grateful for landscape company Five Star Gardens, which planted the tree.

"They said they could plant

it for us," Cavanaugh said. "I said 'by all means.'"

During the planting, Cavanaugh recited poet Joyce Kilmer's "Trees."

"I think that I shall never see
A poem lovely as a tree.

A tree whose hungry mouth is
pressed
Against the earth's sweet flowing
breast

A tree that looks at God all day
And lifts her leafy arms to pray

A tree that may in Summer wear
A nest of robins in her hair

Upon whose bosom snow has lain
Who intimately lives with rain

Poems are made by fools like me
But only God can make a tree."

Public Officials, such as Three Rivers Fire Department Chief Scott Turner, said they appreciate the auxiliary's dedication to supporting the village and fire department.

"Without their efforts and time they put into helping out the fire department, there's a lot of things we couldn't accomplish," Turner said.

"When we are on incidents where we need support, whether it is stuff or drinks or we're going to be there for a long time, they're always there. Without them, we'd have to call or rely on the Red Cross or the state and sometimes they're not always available."

The nonprofit launched in 2013 to help support the Three Rivers Fire Department as well as look out for the community in general. Lafayette said as far as becoming a member of the auxiliary, all members must have an affiliation with the fire department.

Lafayette also said they hold multiple fundraisers, including an upcoming bottle and can drive on 9-11 a.m. May 15 at Hymiewick Park. The auxiliary asks residents to bring as many rinsed returnable cans and bottles as possible.

To connect with the auxiliary, visit their Facebook page.

SHOP SUPPORTS LIBRARY



Friends of the Monson Free Library want to express their appreciation to Adam's Hometown Market in Monson and its customers who rounded-up for the Friends of the Monson Free Library in April. It totaled to a \$1,251.12 donation for the library. Shown here (from left) are: Gay Paluch, vice president of Friends of Monson Free Library, Gamy Marquez, manager of Adam's Hometown market in Monson, and Denise Newland, president of Friends of Monson Free Library.

Courtesy photo

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RENTALS AVAILABLE

Wales town meeting May 19, elections on May 26

WALES — The annual town meeting will be held 6 p.m. May 19 at Tantasqua Regional High School auditorium. Go to the town website at townofwales.net to view a copy of the warrant.

Voters go to the polls May 26 for the annual town election. In addition to candidates for office, the ballot asks voters to decide whether or not to change the position of Road Commissioner from an elected office to an appointment by the Select Board.

This year, you can vote by mail. Applications are available at the Senior Center, Town Office or Library. Completed ballots must be received at the Town Office by 8 p.m. on May 26.

Candidates for this year's election are:

BOARD OF SELECTMEN (three year term)
William J. Matchett Candidate for Re-election

BOARD OF ASSESSORS (three-year term)
Leon Givner Candidate for Re-election

PLANNING BOARD (three-year term) *
Sarah L. Ryan 9 Main Street non-incumbent

TREASURER (three-year term)
Rodney A. Kincaid Candidate for Re-election

TAX COLLECTOR (three-year term)
Rebecca R. Smith Candidate for Re-election
Melanie A. Oney Challenger

BOARD OF HEALTH (three-year term)
Kenneth C. Moore Candidate for Re-election
Jean M. Herbert Challenger

CEMETERY COMMISSIONER (three-year term)
Joel Robert Jette Candidate for Re-election

LIBRARY TRUSTEE (three-year term)
Keridwyn E. Pitcher Candidate for Re-election

SCHOOL COMMITTEE MEMBER (three-year term)
Carolyn A. Boehne Candidate for Re-election
John S. Croke Challenger

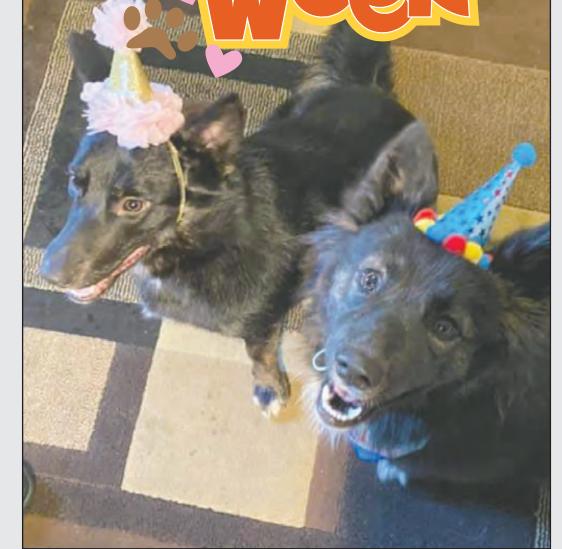
TANTASQUA REPRESENTATIVE (three-year term)
Michael J. Valanzola Candidate for Re-election

ROAD COMMISSIONER (three-year term)
Bruce R. Cadieux Candidate for Re-election

MODERATOR (three-year term)
Michael J. Valanzola Candidate for Re-election

CONSTABLE (three-year term)
Charles Smith Candidate for Re-election

Pet of the Week



FINNLEY AND WILLOW

Corgi mix siblings Finnley and Willow, who were born during quarantine in Maryland, are best friends who just turned 1 year-old and "love to take walks together and wrestle and are so sweet to each other," Ashley Cowher of Palmer says.

Which animals make your life special? We feature your pets every week here and on Facebook. All animals welcome! Is there a pet you're fostering and trying to re-home? Email a high-resolution jpg of your pet with a little information to mharrison@turley.com.

New time for Palmer water disruption

PALMER — Palmer Water District 1 will be conducting a system flush during the week of May 9-14.

Initially, the town sent out a notice saying it would begin flushing shortly after 7 p.m. on Sunday, May 9, but the actual time the work will start is 7 a.m. and will continue until the system is completed. Disruptions could occur.

Dirty water may be experienced periodically throughout this week in the entire district. The district suggests that you obtain an adequate storage of water before the flushing begins at 7 a.m. May 9 and to monitor the water throughout the week.

The Palmer Water District regrets any inconvenience during the flushing operation, but it is necessary for the maintenance of the system, officials said.

Call 283-8411 with any questions or concerns.

Scout potato take-out fundraiser for Adventure Base trip

WARE — Boy Scout Troop 281 Philmont Crew 2022 is holding a baked potato take-out fundraiser on May 8, from 4:30 to 6:30 p.m., at All Saints Church Hall on North Street.

The cost is \$8 per person for advanced sales and \$10 per person

at the door. The take-out dinner includes a huge potato, with all the fixings, a drink and dessert. The fixings include butter, sour cream, green onion, bacon, cheese, chili and broccoli. There will also be a raffle table and a 50/50 raffle, and

winners will be contacted.

Text or call Dan at 413-297-5886 or Paul at 413-214-1776, or email scoutdad281@charter.net. All proceeds will go toward the crew's trip to Philmont High Adventure Base in New Mexico.

Annual town election scheduled for June 8

PALMER — The annual town election is scheduled to take place 10 a.m.-8 p.m. June 8. Town Clerk Susan Coache said any residents in need of an absentee ballot must request one. There will be no early voting and protocols such as social distancing and mask-wearing will be observed at all precincts.

The candidates who filed nomination papers are:

- Lorinda Baker, seeking re-election for a seat in the Palmer Town Council.
- Norman Czech, seeking re-election for the Palmer Planning board.
- Barber A. Barry, seeking re-election as the District 2 Councilor.

• Anthony Braden, seeking election for the Palmer School Committee.

• Karl Williams, seeking re-election as the District 3 councilor.

Precinct locations:

- Pct. 1&1A, Sts. Peter and Paul Church 2267 Main St., Three Rivers.
- Pct. 2, St. Thomas Parish Center, 1076 Thorndike St., Palmer.
- Pct. 3, St. Thomas Parish Center, 1076 Thorndike St., Palmer.
- Pct. 4, Sts. Peter & Paul Parish, 2267 Main St., Three Rivers.

For more information on the town election, call the clerk's office at 413-283-2608.

DEADLINE

The Journal Register has changed its firm deadline for public submissions to Mondays. To get your submission in for that week's edition, email Editor at mharrison@turley.com or call the office at 413-283-8393 by noon on Mondays. We appreciate the cooperation of our readers.



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OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

Monson annual meeting is May 10

Monson's annual town meeting will be held 6 p.m. May 10 outdoors on Moriarty Field at Granite Valley Middle School.

In addition to articles directly related to running town government, this year's warrant include articles that ask voters to approve spending money for open space projects. Those include:

- \$142,000 for 52 acres on Reimers Road. "This land not only contributes to open space and recreation lands in Monson but also expands an existing wildlife corridor" that connects to the Norcross Wildlife Foundation property," the article states. The money would be transferred from two existing accounts related to land conservation.

- \$12,800 for the Keep Homestead Museum with the allocation transferred from the Historic Preservation account.

- \$126,683 for 66 acres on Hovey Hill Road with the money coming from existing accounts.

To view the warrant and articles, go to the town's website at Monson.ma.gov.

Springfield Armory offers virtual summer writing camp

SPRINGFIELD – The Springfield Armory National Historic Site offers a virtual summer writing camp for grades 5 through 8 in collaboration with the Western Massachusetts Writing Project. The camp will run from July 19 through July 23, from 9 to 11 a.m. Scholarships are available.

This program, a partnership between the Springfield Armory National Historic Park and the Western Massachusetts Writing Project, incorporates elements of history, writing and engineering design. Using primary sources from the Springfield Armory National Historic Site, as well as other National Park sites, participants will explore how impacts of the Industrial Revolution in the Pio-

neer Valley laid the groundwork for modern innovation and technology.

Activities are steeped in STEM-based activities including narrative and informational writing, researching historical industrial processes, exploration of invention patent design and a final project, which integrates what we know of the past as we look ahead to the future.

Campers can register at <https://www.umass.edu/wmwp/youth-writing-programs>. For registration questions contact the Western Mass Writing Project at wmwp@english.umass.edu. This program is supported in part by a grant from the National Park Foundation with support of Union Pa-

cific

Railroad and other donors from across the country. Scholarships are available for families that need support.

The Springfield Armory National Historic Site is the location of the nation's first armory (1794-1968) and was established by George Washington. The site includes historic grounds, buildings, and the world's largest historic American military firearms collection. The museum is currently closed to the public due to an ongoing construction project. For more information people may call 413-734-8551, check the website at www.nps.gov/spar or go to www.facebook.com/sparnhs.

off rotation and more.

MONSON – A family that fled a devastating house fire last week is starting to rebound with help from the community.

Assistant to the Monson Town Clerk Jo Buswell-Sauriol, Kristen Lemire and others are asking for residents to assist the Mello-Sattler family, which lost their home to a fire on April 27. Neither the family nor any of the several dozen firefighters who worked through the night and into the morning battling the blaze were injured, but the home on Hovey Road was a complete loss.

On the Meal Train website, anyone is welcome to provide a monetary donation or donate a local restaurant or Grubhub gift card. People are also welcome to volunteer and put together meals for the family and drop them on the dates and times listed on the page.

Meal Train page organizer Kristen Lemire said she only included the few days of May, but plans on "adding more drop off dates," soon.

She also said the Mello-Sattler Family is appreciative for the assistance they have received so far. "They're grateful for the outpouring of support from friends and family in the community," Lemire said. "They're just in shock at the way people are rallying around them."

The family's only possessions not consumed by the fire was the clothes on their backs when they fled the home.

Buswell-Sauriol said what they are doing is making sure the family has their most immediate needs met. One way this is being done is through the Meal Train page called "The Mello Sattler Family," where people can provide monetary donations, participate in a meal drop

buswell-Sauriol said gift cards from Walmart, Target,

Another way residents can help is by dropping off gift cards or checks to the Monson Town Hall Dropbox, on 110 Main St. If anyone would like to mail their donation, Buswell-Sauriol said it should be sent to the same address and have town clerk's office written as the destination.

Buswell-Sauriol said gift cards from Walmart, Target,



The Mello-Sattler family, (from left) Anthony, Raquel, Alina and Lucia, recently lost their home to a fire and can use donations of gift cards and cash while recovering from the loss.

Home Depot, TJ Maxx, Amazon, CVS and Walgreens would be appreciated. The Monson Speaks Facebook page will provide updates.

Donations can also be given on a gofundme page titled, "Help Sattler-Mello Family."

Monson Fire Chief Brian Harris said the fire at the Hovey road home was reported at 8:40 p.m. and the first firefighters arrived in about 12 minutes. Hindering the operation was the need for tanker trucks to make several mile-long trips to a pond for more water because there are no fire hydrants in the area. Also, it was difficult for the trucks to travel in opposite

directions on the narrow road. It took about 30,000 gallons of water to put down the blaze, Harris said.

The fire's origin was a grill on a deck, Harris said. In all, approximately 50 firefighters were involved in the operation, which ended at around 4 a.m.

Candidates set for Monson town election

June 1-3.

For inquiries contact the Monson town clerk's office at: 413-267-4115 or email townclerk@monson.ma.gov.

Jeffrey Lord
Gennie Bailey
Alison Morgan

School Committee (one-year term)
vote for one:
Jackie Watts, Jr.
Donald Smith

Water and Sewer Commissioner:
Joseph Prior

Cemetery Commissioner:
Sarah Pedder

Parks And Recreation Commissioner:
Jan-Michael DeMaio

Housing Authority (five-year term):
Loretta (Lori) Stacy

The candidates are:
Select Board:
Jessica L. Allen
Karen Nothe-Valley
Patricia Oney

Highway Surveyor:
Benjamin Murphy

Board Of Assessors:
Allan Curtis
Christopher Haley

School Committee (three-year term)
vote for two:
Emily Graves-Harrison

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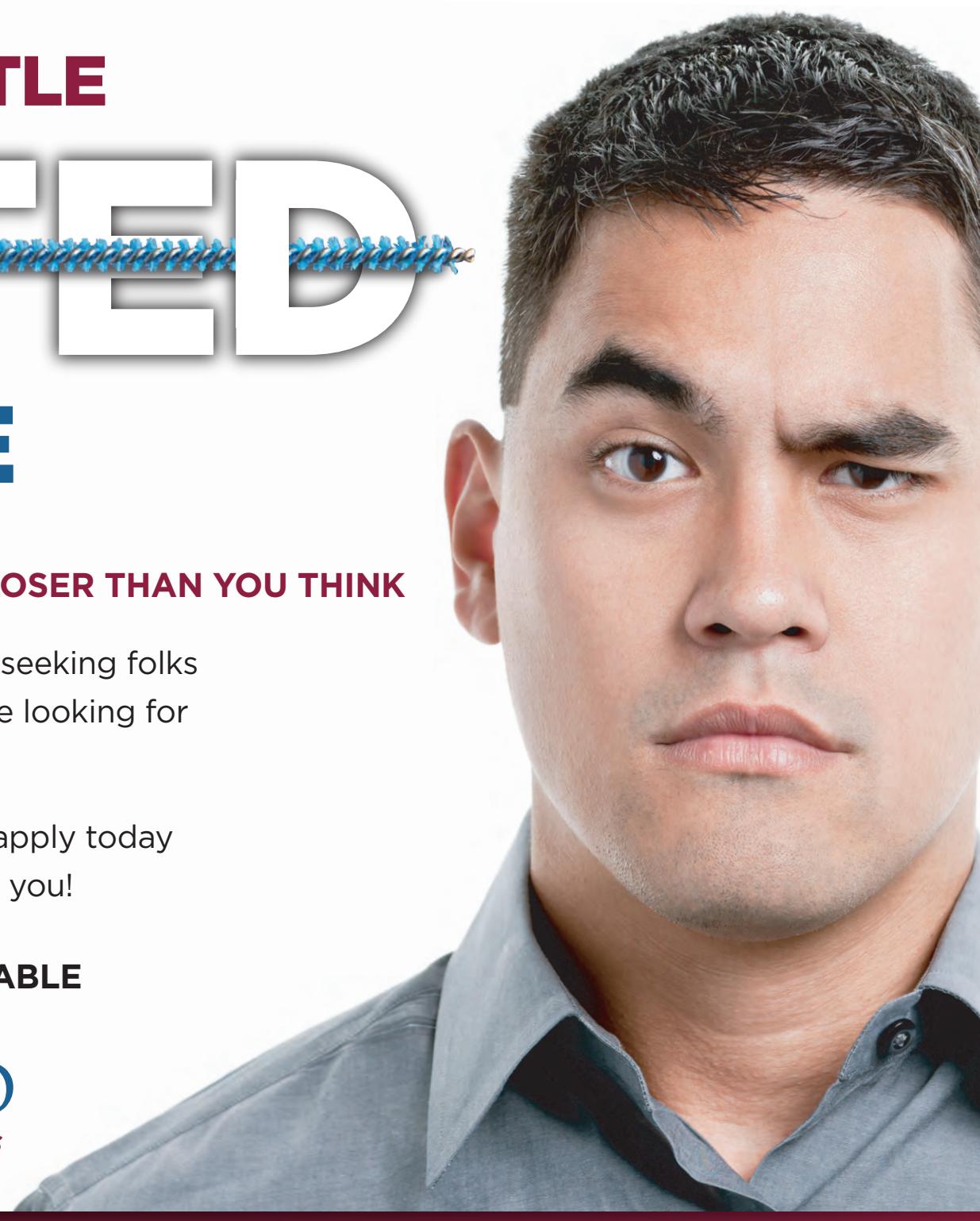
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Viewpoints

Vaccines are saving small business

Americans are slowly returning to their favorite mom-and-pop shops and locally-owned restaurants. With COVID-19 cases falling, and 23 percent of the population fully vaccinated, most states have lifted the strictest lockdown measures.

Relief can't come soon enough for small businesses. These firms are the backbone of our economy, accounting for more than 40 percent of GDP and almost half of all jobs. And our economy will depend on these firms to create new jobs and bring the nation back to full recovery.

Small firms have borne the economic brunt of the coronavirus, largely because so many of their business models depend on in-person interaction. Thousands — perhaps millions — will not survive. Restaurants have suffered massively, with the sector losing 2.5 million jobs and \$240 billion in sales in 2020.

Things could have been much worse without the quick "pivot" of entrepreneurs and the vaccines. It is critical for elected leaders to understand the policies that brought us to this positive juncture in order to make the right choices for the future.

Experts didn't know if drug makers could invent, test, and produce vaccines for a brand-new disease as rapidly as they did. The previous record for speedy vaccine development had been four years, and it often takes 10 to 15. Yet Moderna and Pfizer brought their vaccines to market in less than one.

In-person enterprises would not be able to reopen without vaccines. It's harrowing to think how the economy would fare in the face of multi-year lockdowns.

While the pace of vaccine development has been dramatic, it's no miracle. Industry and government officials have spent decades honing policies that facilitate rapid medical innovation.

The system that gave us record-speed vaccines rests on a few pillars.

One is the 1980 Bayh-Dole Act. It promotes technology transfer from academia to the private sector by letting universities own and license patents on discoveries made with help from federal grants. By giving universities the right to license their researchers' discoveries to private companies, the law has spurred the creation of countless startups.

Another important tenet is allowing companies to price products without government restrictions, which encourages risk-taking and the sizable level of investment it takes to bring a treatment to market.

Finally, stringent protections on intellectual property give investors and innovators the confidence they need to make large bets on long-shot drug research.

These policies explain why the United States has been the world's leading drug developer for more than 30 years. And why a company like Moderna — a small startup just a decade ago — could produce a vaccine in record time.

Some lawmakers are keen to loosen intellectual property protections and impose price controls on new drugs. Such policies would make us unready for the next public health crisis. If we torpedo our current system, the lockdowns we face when the next pandemic rolls around could last much longer.

It's been a challenging year, but we have finally reached a hopeful point thanks to the policies that gave us vaccines in record time. A thriving future for small business and our nation's health depends on keeping these critical policies intact.

Karen Kerrigan is president and CEO of the Small Business & Entrepreneurship Council. This piece originally ran in the International Business Times.

GUEST COLUMNIST
Karen Kerrigan

Summer gas shortage may affect plans...



The Garden Lady takes on various pests

Elaire, who gardens in Ware, wrote in with this question for the Garden Lady: "I have a problem with grubs and moles. In your article you said beer is effective on grubs. Would you please explain how to do this. My whole yard and vegetable garden is infested. Last year I found out my vegetables had grubs and mole tunnels. Do you have any suggestions on how to deal with moles also?"

Thanks for your question. Beer is an effective bait for slugs, but I have never heard of it used on grubs. Last year we had lots of rain, right around the time that my strawberries were turning red. Nothing is more disturbing than picking a strawberry and finding a slug burrowed inside! I set stale beer in a saucer, level with the surface of the soil. The slugs were lured in and drowned. I cleaned and refreshed the saucer every two or three days depending on how many slugs were there. Handpicking slugs also works well. Typically they feed in the early morning hours, so I would go out just after sunrise and drop the buggers into a yogurt container filled with soapy water. Other folks put down boards in the garden (they like to hide there) or use cantaloupe rinds face down where they'll also congregate. Many can be disposed of easily and without too much yuck-factor.

As far as grubs go, I'll recommend Milky Spore powder, a bacterium that the Japanese grub will ingest as it feeds in the lawn. The bacteria reproduce inside the grub's gut and usually kill it in a week or two. As the grub decomposes it will release even more bacteria, thereby killing even more grubs. So on and so forth. It may take a few years for populations of grubs to decrease but once in the soil the bacteria will last for years. Apply when the soil temperature reaches 65 degrees or more, during a period of active feeding in summer or early fall. Since grubs are a food source for moles, fewer grubs will likely cut down on mole populations as well. Less grubs may also mean fewer holes in the lawn from skunks who are looking for dinner. Milky Spore is registered with the EPA and is reported safe for people, pets, wildlife, beneficials and the like. I hope this advice helps!

Orchard pests

Walter is a home orchardist and also has a question about pests. "I have pears, apples and nectarine trees. How

can I keep raccoons, possums, squirrels and skunks away from my fruit trees? When the trees mature, they raid the trees and take bites out of the apples and other fruit, and then leave the fruits on the ground with one or two bites in the fruits. Any advice would be truly appreciated.

How frustrating to wait for your fruit to mature, only to have it eaten. I consulted my favorite orchardist, Michael Phillips, by way of his book, "The Holistic Orchard," to get some answers for you in terms of these pests and birds which might also be causing some of the havoc. One idea I thought that sounded interesting is blocking access to the trunk so that the animals can't climb up. Wrapping the trunk in aluminum roof flashing up to four feet is reportedly enough to deter raccoons and squirrels. Spreading some gooey tangle trap on plastic just above the flashing doubles the punch. Squirrels can jump from tree, though, but reportedly like a quick get away, and steer away from areas with tall vegetation (news to me!!) so perhaps letting the grass grow up a bit near harvest may help.

As far as deterrents go, I am wondering about those fake owls that you often see at pick-your-own orchards. It may be worth a shot to install one of those. The same would go for the big scare-eye balloons. Usually with these type of deterrents, it's critical to move them often so that they don't merely become part of the scenery, but actually scare the pest away: think predator/prey.

Hanging artificial fruit prior to harvest to the point that the culprit bird gets sick of trying to peck something inedible may also be worth a try. Some people even leave them up all year long! And when in doubt, I always try predator urine. Back in the days of having infants in my household, you would often see a diaper hanging in an onion bag in my orchard to keep animal thugs out. I guess creativity comes into play. Good luck.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to ekennedy@turley.com with "Gardening Question" in the subject line.

If it didn't GROW there, don't THROW it there!

By Julie Midura
Correspondent

The greatest threat to our planet is the belief that someone else will save it." — Robert Swan

Now that spring has arrived and more and more people are flooding to the wilderness to enjoy some much needed outdoor therapy, I would like to talk about one of the seven principles of Leave No Trace. Otherwise known as LNT, Leave No Trace is a set of principles designed to educate visitors to the outdoors on how to leave as minimal impact as possible on the land.

Although there are seven principles of LNT, this column will focus on the one that I believe is the most widely violated: "Dispose of Waste Properly." This is otherwise known as "Carry-in-Carry Out," or simply "Don't litter."

You remember. It's what our mothers taught us when we were about five years old.

Tom and I hiked 10 miles of trails last weekend at the 1,200-acre Facing Rock Wilderness



Courtesy photos
Julie with just some of the trash she and Tom collected in the Facing Rock Wilderness Area in Ludlow. The couple has many more miles of trails they plan to police.



While cleaning up the Facing Rock Wilderness Area, Tom finds a more comfortable way to cart out some of the nearly 20 pounds of trash he and Julie collected.

Area in our hometown of Ludlow, and we hauled out 19 pounds of trash. We picked up everything from beer cans, water bottles, and assorted wrappers to old buckets,

scrap metal, and car parts. We still have miles and miles of trails to cover, and we plan to clean up every single one.

Why?
Because trash and litter in

Letters to the Editor

Letter was fair

I cannot believe that there are such small minded people in this world. To criticize a remarkable young man for stating his opinion regarding mask wearing to me is, and I quote the rebuttal writer, "appalling." I commend you for printing both letters, and I am sorry that you were taken to task. You were very fair to both letter writers.

Patricia J. Matthieu
Three Rivers

SOCIAL SECURITY MATTERS

Will taking 401K distributions affect my Social Security benefit?

By Russell Gloor
Guest columnist

Dear Rusty: I'm 63 and retired from work, but not drawing Social Security. I have accumulated just over \$300,000 in my rollover 401K IRA. My wife is still working full time, so we have medical, dental and vision coverage. I have a few questions:

1) When I take IRA distributions throughout the year, do those dollar amounts get reported to Social Security as income?

2) If not, will my Social Security benefit change (will I be penalized?) for not working and having zero income as I continue to withdraw investments and show no income?

3) If my benefit will drop because of the last few years of no income, would it be advisable to start drawing Social Security now? Signed: Planning Ahead

Dear Planning Ahead: Whenever you decide to claim Social Security, they will compute your benefit amount from your lifetime earnings history. They will adjust your earnings for inflation in all years prior to the year you turned 60, find the 35 years in which you had the highest (inflation-adjusted) earnings, and use that "average indexed monthly earnings" (AIME) amount to determine your Primary Insurance Amount (PIA), which is your benefit entitlement at your full retirement age (FRA).

From there, your age when you claim determines your final Social Security payment amount. Born in 1958, your FRA is 66 plus 8 months, and that is the age at which you will get 100% of your PIA. If you claim benefits before your FRA, your payment will be reduced; and if you wait until after your FRA to claim, your benefit will be increased. If you wait until you are 70 to claim, your Social Security payment will reach maximum (about 27% more than your FRA benefit amount). Now, to your specific questions:

1) Distributions taken from your 401k or IRA are not reported to Social Security as "earnings" and do not count toward your Social Security benefit entitlement.

2) If you have already retired from working, having zero earnings now won't further affect your final Social Security payment amount because your benefit will be based upon your 35 highest-earning years. However, if you have a recent benefit estimate from Social Security, that estimate assumed that you would continue to earn at the same level you most recently reported to the IRS until you reached your FRA. So, if you got the estimate while you were still working (or shortly thereafter), the estimate is higher than your actual benefit will be. If you received the estimate a year or more after you stopped working, the estimate is more accurate. In any case, your 401K withdrawals will not count as Social Security earnings.

3) Claiming now would result in a permanently reduced Social Security benefit amount because you haven't yet reached your full retirement age. But claiming now wouldn't be a hedge against your current lack of earnings, because your benefit will be based upon the highest earning 35 years over your lifetime.

If you don't already have a full 35 years of Social Security-covered earnings they will still use 35 years in the benefit calculation, adding \$0 earnings for enough years to make it 35. If that is the case, you could offset some of those zero years in your lifetime history by returning to work now, thus increasing your benefit when you claim. If you already have at least 35 years of earnings, enjoy your retirement!

One last thing to consider: if you predecease your wife, at her FRA she will be entitled to 100% of the benefit you were receiving at your death (if that is more than her own). In other words, when you claim your benefit will affect the amount your wife can get as your widow. The longer you wait to claim, the higher your wife's survivor benefit from you will be.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association. NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit the website (amacfoundation.org/programs/social-security-advisory) or email to ssadvisor@amacfoundation.org.

Russell Gloor is a Social Security advisor for AMAC.

Election letters to the editor welcome

The Journal Register welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Journal Register, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to mharrison@turley.com. Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Thursday's newspaper. No attack letters will be printed. Letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election.

For more information, call editor Michael Harrison at 413-283-8393.

Campaign news

As part of its election coverage, the newspaper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor's Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

Candidates who wish to further publicize their candidacy, beliefs and events may contact advertising, 413-283-8393 about paid advertising in The Journal Register.

Letters to the editor policy

Letters to the editor should be 250 words or less in length, and guest columns between 500-800 words. No unsigned or anonymous opinions will be published. We require that the person submitting the opinion also include his or her town of residence and home telephone number. We must confirm authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous, unsubstantiated allegations, personal attacks, or defamation of character.

Please send opinions to:
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Letter to the Editor
24 Water St.,
Palmer MA 01069,
or by e-mail to:
mharrison@turley.com

The submission deadline for consideration is Monday at noon.

The Journal Register

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ANTIQUES | from page 1

question for a month or so, but Palmer saw no reason we shouldn't open and the town gave us their blessing on it."

There will be more than 50 dealers this year and buyers will be treated to many 19th-century and early 1900s offerings, including one-of-a-kind, hand-made utensils, vintage machines, pottery, glassware, furniture, various collectables, and more, including pre-war and early post-war 20th century antiques.

"The industrial stuff is really popular," Swiechowicz said.

Marier's Flea Market is at 1628 Park Street (Route 20), about six miles from Brimfield.

BRIMFIELD | from page 1

Home base: Framingham

Brimfield history: 20 years

What makes them special: "We are not the typical 'antique dealer.' With over 30 years of experience we have developed a keen eye and the ability to refine our areas of expertise. Quality is the utmost importance to us. With over 30 years of experience finding, selling and appraising antiques we have become a leader in the New England antique community.

Online: upyouratticantiques.com, email: upyourattic@comcast.net

Last notes for show:

"With approximately 300 dealers, we will still be the largest outdoor antique show in New England this May! Although not the typical 'Brimfield' of 20 individual shows and thousands of dealers, it will be a tremendous turnout and energy level from the dealers with a surplus of inventory!"

"Special thanks to the Town of Brimfield Select Board and Board of Health to help us navigate and open for our dealers and their patrons. We are humbled and grateful for the support of the Town and Antique Trade community. We greatly appreciate all attendees to follow state guidelines of masks and distancing. We ask all to be kind and patient as we have all had a tough year (that is our rule, not state-mandated, but it should be!). The onus is on us to provide a successful show and demonstrate confidence that it can be done responsibly. This is the 61st year of the original Brimfield Antique Show and we hope we served the Reid family well by persevering to carry on Gordon Reid's 'Greatest Outdoor Antique Show Under the Sun.' Rain or shine, wear comfortable shoes, raincoat and sunscreen...the SHOW WILL GO ON. Thanks to the Journal Register for running these profiles as they are just a glimpse of the amazing people that make the pilgrimage to Brimfield three times a year."

The Corrievaus

For more, go to the Brimfield Auction Acres Facebook page or website.

PROPERTY | from page 1

him."

Cable said he's planning to make improvements to the property.

"We're going to be doing some renovations and getting the place ready to run," he said.

Town Planner Linda Leduc said she is happy the property will be revitalized.

"I am encouraged to know there is a new landowner and hope that this will trigger commercial revitalization on the Main Street," Leduc said.

"I look forward to speaking with the owner about his investment proposal, as soon as possible and will assist in any way to help revive this key parcel in Depot Village."

Former owner of the Property, Buddy Hood, said through his attorney he was unable to comment on the matter.

Cable said his plan is to meet with people in the building about coming to terms that will decide if renters will stay or not.

John Havens, who leases Diamond Junction Bowling Lanes, said he has no information on the future of the business.

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DPH deems Mary Lane ER essential service

Requests additional information from Baystate

By Eileen Kennedy
Staff writer

WARE — The Department of Public Health has deemed Baystate Mary Lane's satellite emergency facility an essential service, according to Baystate Eastern Regional President Molly Gray. "There were no surprises," she said Wednesday, April 21.

The topic came up briefly Tuesday, April 20, at the Ware SelectBoard's meeting, when Town Manager Stuart Beckley said Gray had notified him of the DPH's ruling. "This gives me hope," said SelectBoard Chairman Keith Kruckas.

Baystate Health has requested the DPH allow it to close the Mary Lane campus, and with it, the satellite emergency facility. The health care company announced its planned closure in late January, and a DPH public hearing to get community input was held by conference call on April 1.

Gray said last week that Baystate knew the emergency facility was an essential service and expected the DPH would rule that it was. She said DPH officials listened to the community on April 1, and accordingly, have asked for additional information around several points.

Since it has been categorized as an essential service, Baystate Health must provide the DPH with a report on how it will work to mitigate the loss of the service to Ware.

The DPH asked for more information about how Baystate is communicating with local officials around the closure and what can be done about the lack of transportation in the Ware area. During the hearing state elected officials, including state representatives Todd Smola and Donnie Berthiaume and state Sen. Anne Gobi, said communication by Baystate had been very bad. Local officials also said communication had been poor, but Gray has said the company has kept local officials in the loop. She said Baystate Health told officials several hours before a public announcement was made in January.

The DPH also wants to know how Baystate might mitigate the increase in transportation times since ambulances will have to travel 10 miles more to Baystate Wing in Palmer, particularly in light of work to begin this year on a complete rebuilding of the Three Mile Bridge on Route 32 in Ware.

The DPH has also asked for confirmation of the emergency facility's utilization data. Ware Fire Chief Christopher Gagnon has said that the ER's utilization numbers are higher than Baystate's numbers. Baystate estimated about three patients a day arrive at Mary Lane's emergency facility, but Gagnon has numbers from Ware alone were higher, and other EMS providers also use it on a daily basis.

Baystate must also provide more information on how it will provide services to Ware area patients in behavioral health crises with the closure of the emergency facility.

"Behavioral health is near and dear to our hearts," Gray said. She said when Wing build a new emergency department several years ago, it included a four-bed behavioral health pod as part of the new space.

Local residents and state and local elected officials also requested the DPH consider having Baystate postpone the closure by a year to give Ware and area towns time to plan for the closure of Mary Lane's emergency services. It isn't clear whether the DPH is considering that request.

Gray said she has been in touch with Beckley, and Baystate has approved a tour of the Mary Lane building by him, accompanied by a small group of other people, next week. Town officials have been in touch with other health care companies, some of which have expressed a potential interest in the facility. Officials have declined to identify which health care companies might be interested.

LUSO Federal Credit Union launches new 'Credit Sense' tool

LUDLOW — Rebuilding or establishing credit can help consumers save money over time, which is why LUSO Federal Credit Union recently launched Credit Sense, a financial education tool powered by SavvyMoney that allows members to take control of their finances.

"We're always looking for ways that we can help our members pay down their debts and become more financially savvy," said Jennifer M.G. Calheano, president and CEO of LUSO Federal Credit Union.

"This free service that we offer via our online banking and mobile app will help them to not only understand their current credit health but look into ways that they can improve it."

Key Features of the new Credit Sense service are:

- Instant credit score access and improvement tips
- Recommendations for pre-qualified loans
- Credit report monitoring and alerts on credit changes
- Ability to dispute credit report items, if needed
- Tips on strengthening credit

A 2017 survey by Fiserv, Inc., a leading global provider of financial technology solutions, showed 64 percent of U.S. consumers think it's important to know their credit scores. While 39 percent said they already know their score, 48 percent said they know only the general range of their score and 13 percent indicated they have no clue what their score is, including 33 percent of millennials age 18 to 24.

"These figures give us insight into the pain points of the populations that we serve and allow us to appropriately plan products and services to help them increase their financial health," Calheano said.

"Additionally, services like Credit Sense give LUSO the opportunity to increase engagement with our members via our online and mobile banking platforms, providing them with both educational resources and actionable steps to take control of their finances."

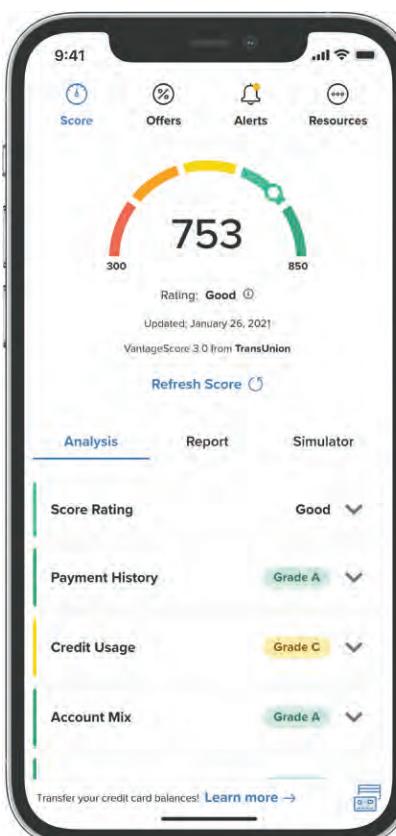
Credit Sense offers instant access to members' credit scores, credit reports, credit monitoring and money-saving tips, all at no-cost. Each time a member logs into online or mobile banking, they can view and monitor their credit score based on a soft pull of their credit, which will not penalize them for review.

Some customers, particularly seniors, who might not be as comfortable with digital technology as others need not feel intimidated about learning to use the tool.

"Our Member Service Representatives are always available to help members (of any age) who might need help navigating our online/mobile banking platforms and any features it offers," Jennifer Lopez, marketing manager for LUSO, said.

Anyone can access help learning to navigate the tool 24/7.

"We regularly update our website



Courtesy photos
This is what the Credit Sense tool app looks like when accessed by a mobile device. The tool was created to help LUSO Federal Credit Union customers understand, establish and rebuild their credit rating.

with step-by-step tutorials for online and mobile banking and other digital services," Chief Lending Officer Jennifer Cowles said.

"Anyone who needs help to sign up for the Credit Sense service is encouraged to reach out to our Member Service Department, either in-branch, by telephone at 413-589-9966, or via our website chat feature."

While other tools offer similar services, Cowles said LUSO's offers more comprehensive features.

"Credit Sense is the only solution that provides comprehensive credit score analysis, full credit report, monitoring, and personalized offers for loan and credit card products – all within LUSO's online and mobile banking platforms – and no separate login is required," she said.

For those hoping to raise their credit scores, Credit Sense can help.

"Credit Sense can help members take control of their financial wellness by explaining the factors that most impact their credit score and how to improve it," Cowles said. "Members who regularly review their score and take the necessary steps, often see an improvement in their credit score over time."

To learn about LUSO Federal Credit Union's new credit monitoring tool, visit lusofederal.com/credit-sense. To become a member, contact 844-LUSO-FCU or visit lusofederal.com/membership. LUSO is federally insured by the NCUA and is an Equal Housing Lender.

About LUSO Federal Credit Union
Established in 1971, LUSO Federal Credit Union is a local, member-owned financial institution that offers full-service personal and business banking to anyone living or working in Hampden County. Headquartered in Ludlow with a branch in Wilbraham, LUSO provides its members with quality financial services and products. In addition to checking, savings and investment products, LUSO offers auto and real estate loans, financial management services, credit cards, insurance, and an in-school banking program for area students. For more information, visit lusofederal.com or call 855-587-6328. Federally Insured by the NCUA. Equal Housing Lender. NMLS 255907.

Scholarship offer for agriculture-oriented students

The Hampden County Improvement League is awarding scholarships in the amount of up to \$1,000 to high school seniors who meet certain criteria. The applications are available at area high schools and are due June 21.

Recipients must be a resident of Hampden County for at least two years, be a good student and must show current or previous involvement in 4-H, an agricultural endeavor, or be a member of a farm family. The Hampden County Improvement League was established Jan. 25, 1913, to promote agriculture and farm family life in Hampden County.

HCIL is committed to encouraging youth to challenge themselves and work towards their potential by furthering their education after high school. To help meet this financial commitment the League established a scholarship fund in 1993. Scholarships are awarded annually in the amount of up to \$1,000 each. The recipient will continue to receive the award throughout his/her post-secondary education. Call 413-786-1432 (Sue) or 413-575-1759 (Maryellen) for questions or more information, or see your school guidance counselor.

Domestic violence abusers hotline up and running

First such hotline in the United States

By Eileen Kennedy
Staff writer

WARE — Always looking for an alternate way to address domestic violence, the Pioneer Valley Planning Commission along with other groups, have planned and started an anonymous, non-recorded help line for domestic abusers.

The PVPC is working with Behavioral Health Network and the nonprofit Growing A New Heart, as well as two rural domestic violence task forces from the Ware River Valley and the Southern Hilltowns to oversee and guide the project.

While most programs target hotlines, counseling and planning for domestic abuse victims, this new hotline, Ten to Ten, is for domestic violence abusers, and is the first such hotline in the United States, although similar programs exist in Australia and the United Kingdom.

Monica Moran, coordinator for the Ware River Valley Domestic Violence Task Force and PVPC's Domestic Violence Prevention Programs manager, said as domestic abuse has risen during the pandemic, she and others were looking to find another tool that could address the problem.

"There's a national move toward restorative justice," she said referring to the adoption of non-criminal responses to criminal behavior. "It was a way to not just to have the victim always be the one who has to do things, such as move out. We wanted to increase the options to anybody who wanted to stop abusing, and who wants their partner to be safe."

CARES Act funding will be used as it is intended to address the impact of COVID-19, and studies across the country and the world show an increase in intimate partner violence since the pandemic started, she said. It's not too surprising that the rates have risen, she said, because the pandemic's physical restrictions and job losses have put more stress on families.

"The pandemic didn't cause the abuse, but when life isn't going well sometimes the abusers take it out on those around them," Moran said.

Jason Patrissi, a volunteer with the hotline, said he believes it will be effective tool for those who are already

abusive or who at risk to be abusive. "They're already one step up because they have motivation or epiphany to want to stop," he said.

Abusers' belief and value systems allow them to see abuse as an approved mode of behavior, he said, and they often overestimate how many people believe the same thing.

"They've usually been socialized to violence," Patrissi said. Usually the turning point comes when a partner is leaving or has left, and when it might impact how often they get to see their children.

Abusers, most of whom are men, can call the hotline without fear of being identified and ask for help, Moran said.

Patrissi stressed this is not about offering mental health therapy, although that might be needed at some point, and it's not about what causes abuse; it's about changing behavior by changing one's values.

"I've been working with abusive men for over 20 years, and it's very difficult to reach self-actualization by one's self; they need a lot of support and there isn't a lot of it out there," he said.

The callers, which can also be friends and family members who may be afraid a person is going to abuse their partner, or who already has, may be looking for help as well, Moran said.

The volunteers ask the abusers what their goal is and what they are willing to do to reach it, Patrissi said. They explore what's going on with them, and in the short-term abusers can be referred to resources, such as intimate partner abuse groups. These groups are funded by the state Department of Public Health, and go for 40 weeks, with two-hour groups each week. They meet with fellow abusers along with a facilitator on the issue of domestic abuse.

Abusers have to come to the mindset that they don't have the right to put their hands on anyone, he said, and learn "to do no harm."

The Massachusetts Department of Public Health is providing supplemental funding so that the Helpline can serve all of Western Massachusetts.

The Helpline will serve Western Massachusetts and will operate from 10 a.m. to 10 p.m., 365 days a year. The toll-free number is 877-898-3411.

Family, friends and professionals worried that someone may harm their partner can also call the Helpline.

Masks not required outdoors per reopening guidance

BOSTON — Effective April 30, masks and face coverings will no longer be required in most outdoor settings, the Baker-Polito Administration recently announced.

As part of the new guidance, face coverings will only be required in outdoor settings in situations where physical distancing cannot be maintained or as part of other sector-specific guidance.

Face coverings will still be required at all times in indoor public places. Face coverings will also continue

to be required at all times at events, whether held indoors or outdoors and whether held in a public space or private home, except for when eating or drinking.

At smaller gatherings in private homes, face coverings are recommended but not required. The \$300 fine as an enforcement mechanism will be eliminated, the administration said.

Additionally, the administration announced the state will reopen some outdoor Phase 4, Ste 2 industries beginning Monday, May 10. Further reopening will continue May 29 and Aug. 1.

Effective May 10, large venues such as indoor and outdoor stadiums, arenas and ballparks will be permitted to increase capacity to 25%. Additionally, amusement parks, theme parks and outdoor water parks will be permitted

REOPENING | page 7

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USDA INSP. SMOKED HAM \$2.99 lb	USDA INSP. FRESH SUGARSALE 1/2 HONEY SPIRAL HAM .. 99¢ lb	
GREAT ON THE GRILL	90 Meat Outlet	90 Avocado St. Springfield 413-737-1288 www.90meat.com
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History Matters

History Matters is a biweekly feature courtesy of The Grateful American Book Prize, which is given to children's books that emphasize the importance of American history.

May 1 to May 15

By John Grimaldi and David Bruce Smith
Guest columnists

On May 5, 1961, Navy Commander Alan Bartlett Shepard Jr. became the first American in space. It was just a 15-minute mission, memorable to the nation, but too late to outwit the competition. Soviet cosmonaut Yuri Gagarin astounded the world when he orbited the earth, once, in the Vostok 1.

Shepard's Freedom 7 capsule, however, foreshadowed America's dominance; less than a decade later, the Apollo 11 mission "silenced" the Russians, and catapulted Neil Armstrong, Edwin "Buzz" Aldrin, and Michael Collins to the moon.

Shepard was ranked fifth to walk the lunar surface after the Apollo 14 mission.

The Grateful American Book Prize recommends "Light This Candle: The Life and Times of Alan Shepard," by Neal Thompson.

Transcontinental railroads

The American Revolution was an unexpected victory for the colonists. They won an immense land with a myriad of perks and perils, but the only way to traverse its complex vastness was to join a wagon train. It was a complicated and difficult crossing that many did not survive.

Then, on May 10, 1869, everything changed; two railroads completed the task of laying the tracks from "sea to shining sea." The presidents of the Union Pacific and Central Pacific railroads met at Promontory, Utah to drive the last spike into the rails of the nation's first transcontinental railway.

Seven years earlier, land grants and loans from Congress had equipped them with the fiscal flexibility to build, but according to History.com, "In their eagerness for land, the two lines built right past each other, and the final meeting place had to be renegotiated."

To learn more about how the West was subdued, the Grateful American Book Prize recommends "Full Steam Ahead: The Race to Build a Transcontinental Railroad," by Rhoda Blumberg.

Lewis and Clark

In order to determine what it would require to mollify a newly acquired, undomesticated expanse of land, President Jefferson determined that a survey was imperative; he selected two explorers, Meriwether Lewis and William Clark, to manage the mission.

America was just over 21-years-old, but the Louisiana Purchase transaction suddenly added 828,000 acres, and the equivalent of approximately 15 states.

Lewis and Clark started their journey in St. Louis with 55 men on May 14, 1804.

According to History.com, "The expedition traveled up the Missouri River in a 55-foot-long keelboat and two smaller boats. In November, Toussaint Charbonneau, a French-Canadian fur trader accompanied by his young Native American wife, Sacagawea, joined the expedition as an interpreter. The group wintered in present-day North Dakota before crossing into present-day Montana, where they first saw the Rocky Mountains.

They met up with the Shoshone Indians when they reached Colorado, crossed the Clearwater and Snake rivers in canoes, and followed the Columbia River to the Pacific Ocean on Nov. 8, 1805.

Two and a half years later, the expedition returned, in triumph, to St. Louis with 33 men. They had mapped out new lands and brought back journals about the Indian tribes they encountered; scientific notes of the flora and fauna they encountered, and a claim to the Oregon Territory.

For more information, the Grateful American Book Prize recommends "Sacajawea," by Joseph Bruchac.

REOPENING | from page 6

to operate at 50% capacity.

Road races and other large, outdoor organized amateur or professional group athletic events will be permitted to take place with staggered starts after submitting safety plans to a local board of health or the Department of Public Health. Youth and adult amateur sports tournaments will be allowed for moderate and high risk sports.

Singing will be permitted indoors with strict distancing requirements at performance venues, restaurants, event venues and other businesses.

Subject to public health and vaccination data, gathering limits will increase to 200 people indoors and 250 people outdoors for event venues, and public and private settings, effective May 29.

Street festivals, parades and agricultural festivals will be permitted at 50% of their previous capacity after submitting safety plans. Bars, beer gardens, breweries, wineries and distilleries will be subject to restaurant rules with seated service only, 90-minute limits and no dance floors.

Also May 29, restaurant guidance will be updated to eliminate the requirement that food be served with alcohol and to increase maximum table size to 10, subject to public health and vaccination data.

According to the Baker-Polito Administration, dance and night clubs, saunas, fitness centers and health clubs, indoor water parks and ball pits will be permitted to open Aug. 1. The administration said industry restrictions and capacity limits are expected to be lifted, with businesses encouraged to use best practices.

For complete guidance and more information regarding COVID-19 in Massachusetts, visit mass.gov.

State Senate advances Holyoke Soldiers' Home Bond Bill

Gobi said veterans deserve proper care

BOSTON — On Thursday, April 29, the Massachusetts State Senate passed a bill authorizing \$400 million in bonds for the design and construction of a new facility for the soldiers' home in Holyoke. It also authorizes the issuance of \$200 million in general obligation bonds to increase geographic equity and accessibility related to the continuum of long-term care services for Massachusetts veterans across the state, with an emphasis on those areas not primarily served by the soldiers' homes in Chelsea or Holyoke.

"The funding in this bill will ensure that we begin to rethink how we deliver care to veterans of every generation across Massachusetts," said Senate President Karen E. Spilka (D-Ashland). "Ensuring that our veterans are connected to their communities is an important factor in ensuring that their physical and mental health is taken care of, and so I am proud of the steps we have taken to ensure geographic equity and accessibility, especially for our women and LGBTQ veterans, as well as veterans of color. Our quick action in passing this legislation will help ensure we maximize federal funds in this important endeavor."

State Sen. Anne Gobi (D-Spencer), a member on the Joint Committee on Veterans and Federal Affairs who is also serving as a member of the Special Committee on Oversight for the Holyoke Soldiers Home COVID-19 Outbreak, commented on the bill's passage. "Our veterans deserve

proper care delivered with honor and dignity," she said. "The nurses, doctors and staff that provide that care deserve a facility that supports their duties. This investment in a new soldiers home is also an investment to provide state wide care to all veterans in need. They were there for us, we need to be there for them."

In passing the \$400 million bond authorization for a new soldiers' home in Holyoke, Massachusetts is eligible to receive up to 65% in federal reimbursement through the Veterans Affairs State Home Construction Grant Program. The existing soldiers' home in Holyoke was built in 1952, with many triple and quadruple-bed rooms. The bill passed by the Senate will advance the construction of a modern facility with a "small house" concept to meet the needs of future generations of veterans.

The Senate adopted an amendment on the floor to ensure that construction of the project utilizes a diverse workforce and provides for well-paying, middle class jobs. The amendment inserts Project Labor Agreement language that mandates a pre-bid, pre-hire labor agreement for the construction of the new facility in Holyoke, which will ensure that the workforce is local, diverse, inclusive, well-trained, safe and skilled.

Historically, such agreements on large taxpayer funded projects result in the completion of construction on-time and on or under budget. Additionally, this amendment mandates bold action to establish, recruit, and assist women, minority, and veteran-owned businesses who may participate in the design and construction of

the facility. The bill establishes the Access, Inclusion, and Diversity Committee to help set and monitor progress of diversity and inclusion goals and recommend solutions and programs to meet them, throughout the design and construction of the facility.

As part of the Senate's commitment to increase geographic equity and accessibility for all veterans, the bill requires the Division of Capital Asset Management and Maintenance, in consultation with the Executive Office of Health and Human Services and the Department of Veterans

Affairs, to hold hearings across the state to better understand the regional long-term care needs of veterans throughout the Commonwealth. Based on these hearings, communities will be better positioned to advocate for the

\$200 million authorized in new capital spending for long-term care services for veterans across the continuum of care, including potentially new "small home" satellite veterans' homes, or new or expanded capital supports for community or home-based care.

One of many amendments adopted on the floor also requires the Department of Veterans' Services to consider the needs of veterans in designing facilities to ensure new facilities meet the needs of a changing veteran population, while another requires plans for new long-term care facilities to prioritize equitable access, regardless of race, religion, sex, gender identity and sexual orientation.

The bill must now be reconciled with the version recently passed by the House of Representatives.

WNE University offers new pharmaceutical master's degree program

SPRINGFIELD — The College of Pharmacy and Health Sciences at Western New England University has announced a new Master of Science in Pharmaceutical Sciences degree for fall 2021.

The thesis-based MS in Pharmaceutical Sciences program can be completed in five full-time semesters (fall, spring, summer, fall, spring). The curriculum builds on science-related undergraduate degree programs, making it ideal for students holding bachelor's degrees in biology, chemistry, health sciences, neuroscience, biomedical engineering, biochemistry, biotechnology, or health sciences.

Through coursework taught in the Center for the Science and Pharmacy's state-of-the-art classrooms and labs, graduates of the program will be well-prepared for career paths in the pharmaceutical industry as a research scientist or in product development and/or quality assurance.

"The need for scientists who bring lifesaving and

WNEU | page 11



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Leading a healthy lifestyle can help prevent stroke

Good nutrition and exercise are key

SPRINGFIELD — The good news is that stroke — every year more than 795,000 Americans suffer an often-debilitating stroke — can be prevented by living a healthy lifestyle.

A stroke, sometimes called a brain attack, occurs when a blood clot blocks blood supply to part of the brain or when a blood vessel in the brain bursts. When the flow of blood is blocked, brain cells start to die within minutes because they can't get oxygen. This causes a stroke, which can result in lasting brain damage, long-term disability, or even death.

Among the healthy choices you can make to decrease your risk of stroke, which increases with age, is to eat a healthy diet.

"The results of a new study in the journal "Neurology" recommend stocking up on plant-based foods if you are looking to reduce stroke risk while also improving your cardiovascular health," said Dr. Sharjeel Panjwani, of the Department of Neurology at Baystate Medical Center.

According to the study co-author, Megu Baden, PhD, in the Department of Nutrition at the Harvard T.H. Chan School of Public Health, the benefits of these foods have been highlighted in other studies showing reduced risk of diabetes, some cancers, and cardiovascular disease, but this is one of the first to link this kind of diet to stroke prevention.

Among a long list of dark green leafy vegetables include beet greens, chard, Chinese cabbage, watercress, collard greens, kale, spinach, leaf lettuce, chicory, and romaine lettuce.

"Dark green veggies are low in calories, carbohydrates, sodium and cholesterol, but very rich in fiber. These nutrient-packed greens contain many vitamins and minerals, including iron, zinc, calcium, potassium, magnesium and vitamins A, K, C, E, and many of the B vitamins. Eating a diet rich in greens, as

part of an overall healthy diet, may reduce risk for many diseases, including stroke," said Donna Martin, RD, clinical dietitian III, Food and Nutrition Services, Baystate Health.

She also noted diets high in saturated fats and trans fats have been linked to stroke and related conditions, however, not all fat should be avoided and consuming some unsaturated fat from avocados, liquid olive and canola oil, nuts, and salmon is usually regarded as a healthy choice.

"The fats to limit are definitely the saturated and trans fats. The saturated fats are mainly found in foods that come from high fat meats and whole-fat dairy products, but they can also be found in fried foods and baked goods. Trans fats are produced when liquid oils are transformed into solid fats during food processing. In order to avoid trans fats, read food labels to determine the amount of trans fat in products, such as commercially baked cookies, crackers, pies and fried foods. Both saturated and trans fats can increase our LDL, the 'bad' cholesterol levels in our blood," said Martin.

Another lifestyle choice is to control your high blood pressure which is the number one controllable risk factor for stroke. Blood pressure is the pressure of blood pushing against the walls of your arteries, and high blood pressure, which nearly half of all Americans have, is when the force of blood is consistently too high damaging your arteries and organs and over time increasing your likelihood of stroke, noted Panjwani.

Foods high in salt (sodium) can raise your blood pressure. Most of the sodium Americans eat comes from packaged, processed, store-bought and restaurant foods.

"To decrease intake of salt, read food labels of processed foods or snacks and select lower sodium varieties. Be mindful that regular sauces, such as soy, barbecue, teriyaki, and ketchup are very high in sodium. Experiment with sodium-free herbs and spices rather than using salt or salt-blends and other high sodium seasonings. When dining out, request that salt not be

added to your foods and request that any dressings/sauces be served on the side," said Martin.

"Once again, your food choices and overeating leading to obesity can have a big impact on your blood pressure," she added.

Obesity is a disease that affects 34% of adults age 20 and over. Excess body fat can lead to inflammation, which results in poor blood flow and potential blockages — two major causes of stroke.

"Usually consuming a generally healthy diet, rich in lean protein choices, whole grains, vegetables, fruits, and low-fat dairy products helps to provide our bodies the nutrients that are needed. However, when we consume excessive portions of any food, especially calorie-dense foods such as fried foods, sweetened beverages, desserts, candy, and baked goods, weight gain is likely," said Martin.

To prevent obesity, the Baystate dietitian noted mindful eating is important as well as engaging in regular physical activity.

"Try to find exercises that you enjoy doing to increase the likelihood that you will continue this healthy behavior. Many people report lack of time as a reason not to exercise, however, you can incorporate simple ways to increase activity such as taking the stairs instead of the elevator, parking further away, or walking or riding a bicycle to the store. Also, be aware of the amount of time that you are sitting daily and make an effort to move at least a few minutes each hour, even when you are unable to get in a full workout," said Martin.

Smoking and drinking too much alcohol can also raise your blood pressure putting you at greater risk for a stroke.

"If you smoke, stop. There are many ways that we can help you with this goal. And when drinking, it should be in moderation as chronic alcoholism and binge drinking can increase the risk of both ischemic and hemorrhagic stroke," said Panjwani.

For more information on stroke, visit baystatehealth.org/stroke.

Country Bank hires Justin Roberts

WARE — Country Bank, a full-service financial institution serving central and western Massachusetts, is pleased to announce that Justin Roberts has joined the Marketing and Community Relations Team as the vice president of marketing. Roberts, who resides in Wilbraham and grew up in Sutton, has a unique understanding of Country Bank's vast marketing area. His experience in strategic marketing spans over 10 years in various industries. As a former small business owner, he also brings more than just his marketing savvy; he brings real-life experience.

"I am excited to join the Country Bank team; having admired the brand for several years, I am looking forward to help activate the Bank's founding partnership of the Worcester Red Sox and promoting Country Bank's presence throughout the re-

gion."

In Robert's previous positions, he worked as the development officer at American International College in the Office of Institutional Advancement. He also worked at MassLive Media, where he helped lead the digital marketing strategy team to support local, regional and national clients. His entrepreneurial spirit recently led him to open his own marketing and community relations agency before joining the Country Bank team.

Roberts earned his bachelor's degree and master's in business administration from AIC in marketing, and is the founder of Suit Up Springfield. This nonprofit organization provides professional



Justin Roberts

attire and mentorship to the young men of Greater Springfield. He also serves as the vice president of the board for Greater Springfield Habitat for Humanity. He has served on many nonprofits, including AIC, the Wonderfund of Massachusetts, the Young Professionals Society of Greater Springfield, Rotary Club of Springfield and Square One.

Justin is a member of the New England Financial Marketing Association and received the Game Changer award from the Center for Human Development for making a positive life-changing difference in the community. He enjoys golfing and spending his free time dabbling in gourmet cooking with his family.

E-commerce starting to click at Big Y

In an effort to provide one more option for customers to shop for their groceries, Big Y has launched its newest e-commerce platform, myPicks online ordering.

The company, in its announcement about myPicks, said the platform "is an innovative online shopping experience that provides an easy, contactless way for Big Y customers to get their food by clicking through their order online for curbside pickup." Big Y said the technology is attuned to "the nuances and complexity of both food safety and quality" in the online shopping experience.

"We are constantly searching for ways to improve the shopping experience for our customers," Big Y Chief Operating Officer Michael P. D'Amour said.

"They've taught us the importance of having our own e-commerce option this past year, as demand soared due to the coronavirus pandemic. We are excited to launch our new online shopping service for those customers interested in e-commerce. We look forward to expanding our digital capabilities in the future as we roll out to other locations throughout our marketing area."

Plans for the physical order as-



Big Y Foods, Inc. just rolled out a new online and home-delivery platform. Customers can order on-line for curbside pick-up in secure lockers.

sembly area in Chicopee began in late 2019 and construction was completed last fall. This automated micro-fulfillment center houses 20,000 of the most popular items sold at Big Y. The 12,000 square-foot center is adjacent to a Big Y World Class Market, meaning orders aren't limited to what's available in the fulfillment facility.

Big Y has been testing the new service over the past several weeks. Once fully operational, it will be able to provide online orders for over 7,000 customers a week and by

the end of the year, customers will also be able to pick up online orders via temperature-controlled totes in secure lockers in Ludlow and West Springfield, among other area towns, the company said.

Big Y's myPicks online ordering service carries no additional fees for orders of \$40 or more.

"It is another way for customers to shop for groceries with the ease of choosing when and how they want to shop," the company said. Go to [bigy.com](#) for myPicks curbside orders and alternative at-home delivery options.

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BASEBALL

Tri-County legend Oliveira passes away

By Gregory A. Scibelli
gscibelli@turley.com

PALMER — With just a month to go before the season is set to begin, the Tri-County Baseball League, and the region at-large are mourning the loss of a league legend, as well as a Western Massachusetts Hall of Famer.

Karl Oliveira, who played in the Tri-County League for almost 40 years, passed away at the age of 57. When news of his passing began circulating last Monday, April 26, it was a shockwave throughout the entire Western Massachusetts baseball community, including his own team, and even his competition.

Oliveira's legacy in the Tri-County League began when he was just 17-years-old. He made

the Fenton's of Amherst roster. He moved around the league for 10 years before coming to agreement for the St. Joseph's Club to sponsor a Tri-County team, and St. Joseph was once again a part of the league after leaving it for nearly 20 years.

Oliveira served as a player-manager for the team and became an active participant in the league's leadership, serving as the league's secretary for many years.

St. Joseph's has been a mainstay in the league since that time. Oliveira enjoyed the competition of the league as well as participating in other baseball in the region, including the Full Count League, which was eventually absorbed by Tri-County.

Following news of his passing, social media was flooded with

comments from his teammates to his competition, one of them even calling Oliveira the "Godfather of Western Mass. Baseball."

Oliveira's legendary status was confirmed just two years ago when he was inducted into the Western Mass. Baseball Hall of Fame.

While Oliveira at times had taken on a more reserve role, he still continued to actively play in games at the age of 55. He would often play first base or serve as a designated hitter for St. Joe's, continuing to play under the lights at the old field in Thorndike. He was set to participate in the 2021 season prior to his passing. Like many, the pandemic cancelled his 2020 season and he was itching to get back on the field.

"This is sad news," said Bill

Bathel, who previously was a coach for DiFranco Realty. "Karl was a leader of the league, of a team, of men, women, and children. And above all, a true and sincere friend."

Tommy Bouvier, a member of his top competition over the past decade PeoplesBank, said Karl was a great part of the league and someone he enjoyed playing against.

"It's a huge loss for the league and for the Town of Palmer," said Bouvier. "He was one of the most committed people I have ever met."

Oliveira's life was celebrated earlier this week.

"You are an inspiration to all baseball lovers," said Brian Hayes. "You live by simple rules, balls and strikes, fair or foul. I loved being your teammate and loved competing against you. For the past 20

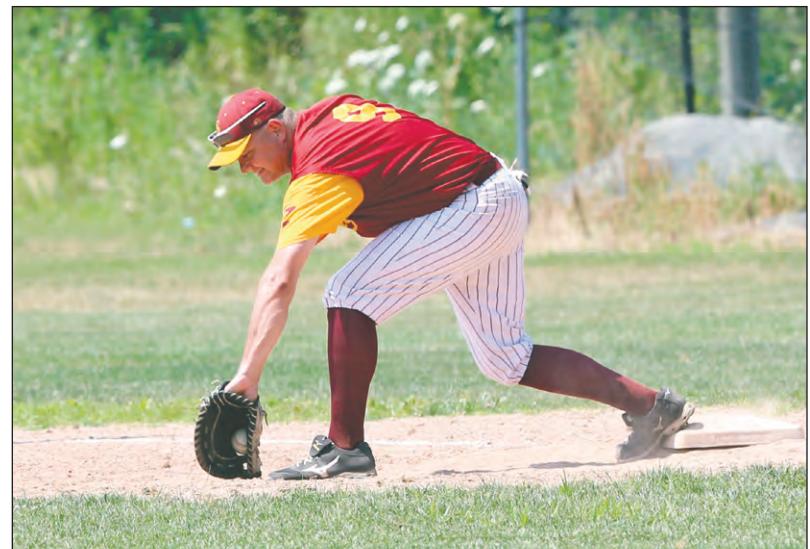


Photo by David Henry www.sweetdogphotos.com
Karl Oliveira, a Western Mass. Baseball Hall of Famer and longtime player-manager for St. Joe's of the Tri-County League, passed away last week at the age of 57.

years I've watched you share your greatness with us. Thank you, and thank you to your family for sharing."

PATHFINDER

Spring sports return



Photos by David Henry www.sweetdogphotos.com
Angelina Morassiyellow fields a grounder.



Ava Theoclis catches the ball at second and pivots for a double play.



Brianna Beynor throws the ball back home.



Ashton Tebo makes a long catch with defense stick.



Jake Reithle winds back to make a long throw.

SOCCER

Pioneers ready to get back on the pitch

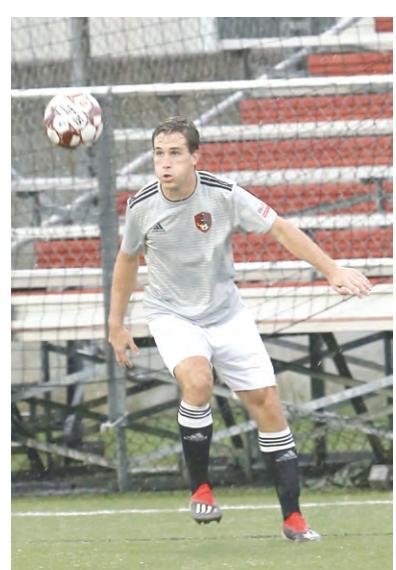
By Tim Peterson
Sports Correspondent

LUDLOW — After the 2020 soccer season was canceled due to the COVID-19 pandemic, the members of the Western Mass. Pioneers and the New England Mutiny are eager to start playing matches again at historic Lusitano Stadium.

"Everyone has been impacted by the pandemic during the past year," said Joe Ferrara Jr., the Pioneers first-year General Manager and the Mutiny Managing Director. "The players and coaches from both teams are itching to get back out on the pitch and play some soccer. It should be another exciting season."

The last time the Pioneers played a match at Lusitano Stadium was a 1-0 shutout victory versus Manhattan SC on July 6, 2019.

PIONEERS | page 2



Photos by David Henry www.sweetdogphotos.com
Guillermo Deal tries to settle a ball during one of the last games played in 2019.



Ben Brewster starts a move up the field. The Pioneers will be back in 2021.

WRESTLING

MIAA approves modified rules for wrestling

By Gregory A. Scibelli
gscibelli@turley.com

REGION — Though it came down to the last minute, the Massachusetts Interscholastic Athletic Association has approved modifications for high school wrestling that will allow for competition to take place during the spring season.

Last Friday, the MIAA Board of Directors held a special meeting to approve modifications to the sport after the Office of Energy and Environmental Affairs officially cleared wrestling for Level 3 competition. Level 3 competition allows dual meets to take place.

Wrestling is normally a winter sport, so participation will ultimately be up to the individual schools. Some may or may not be participating due to numbers, especially with

multiple sports going in the spring such as baseball, lacrosse, and track.

Like all other high school sports, the MIAA is requiring wrestlers to wear face masks to participate. Wrestling is one of the most close contact sports that is offered for high schoolers, and officials deferred allowing the sport to take place in the last possible high school season in order to allow the vaccination effort to gain traction.

Among the highlighted rules for high school wrestling, masks are not only required for the participants, but all those involved, including coaches, facility personnel, and officials. Spectators will also likely be allowed in a limited capacity with indoor gathering numbers of the increase beginning on May 10.

WRESTLING | page 2

Rameau takes win in Monadnock season opener

WINCHESTER, N.H. — Sam Rameau dominated early, restarted deep in the field after a pit stop, drove to the front, made a pass for the lead, and rolled to Victory Lane. The Westminster, Massachusetts, native, and driver for Rameau Family Motorsports, was victorious in the season-opener for the Tri Track Open Modified Series presented by All Phases Renovations at Monadnock Speedway on Saturday, May 1.

In the Wonder Casino 100, Rameau made a late pass on Ron Silk to score the \$6,000 winning check — besting more than 30 cars that showed up to the Winchester, New Hampshire oval. Silk crossed the line second, with defending series champion Matt Hirschman third.

Rameau pitted from the lead, along with the rest of the field, during a caution period just after halfway. He restarted outside the top-15 and his chances of winning at that point appeared slim. But the rising Modified talent worked his way to the front.

"I was just going at my own pace early, and we came in and I'm not going to lie, I was really nervous over the radio," Rameau said. "With 40 laps to go, I said

there was no way we were winning the race. The car just rolled the outside great. We all come here for the same reason. It's really cool. I just really can't thank my guys enough. They do a great job."

Two-time NASCAR Whelen Modified Tour champion Justin Bonsignore and Les Hinckley finished the top-five. Ben Byrne was sixth, followed by Woody Pitkat, Anthony Nocella, NASCAR Cup Series driver Ryan Preece and Joey Cipriano III.

Devin O'Connell advanced the most positions during the race, scoring the Green Construction, LLC Hard Charger award, worth \$500. Earlier in the day, Justin Bonsignore, Woody Pitkat, Earl Paules and Ben Byrne won heat races, scoring \$300 each courtesy of Pepsi and the Pepsi Challenge. Anthony Sesely and Brian Robie also scored \$300 each from Pepsi with consi race wins.

The Tri Track Open Modified Series returns to the track at Star Speedway in New Hampshire on Saturday, May 22. For more information on the Tri Track Open Modified Series, visit trittrack-modifieds.com and follow the series on social media.



Submitted photo
Sam Rameau won the Tri Track Open Modified series opener last Saturday afternoon at Monadnock Speedway.

THE FINISH:

Sam Rameau
Ron Silk
Matt Hirschman
Chase Dowling
Les Hinckley
Ben Byrne
Woody Pitkat
Anthony Nocella
Ryan Preece
Joey Cipriano III
Anthony Sesely
Max Zachem
Devin O'Connell

Joel Monahan
Chris Pasteryak
Kurt Vigeant
Brian Robie
Doug DiPisa
Richard Savary
Matt Swanson
Matt Kimball
Kirk Alexander
Austin Kochenash
Ronnie Williams
Glen Reen



Several defenders create a way to block a free kick. The season kicks off this week with an exhibition match.



Photos by David Henry www.sweetdogphotos.com

Micah Umeh sends a shot away during a 2019 playoff.

PIONEERS | from page 4

They then wrapped up the 2019 regular season with a 2-1 win at Manhattan SC the following weekend.

The Pioneers, who finished in first place in the Northeast Division standings with an 11-0-3 mark in 2019, began the USL League Two playoffs by dispatching the North Carolina Fusion U23 squad, 3-1, in the Eastern Conference semifinals at Gurski Stadium in Reading, Pennsylvania. Their outstanding season came to an end twenty-four hours later following a 1-0 loss to Reading United AC in the Conference finals.

The Pioneers are scheduled to return to action for the first time in almost two years by hosting Fall River FC in a friendly at Lusitano Stadium at 7:30 p.m. on Friday night. No spectators will be allowed to attend the pre-season match.

There is a very good chance many of the Pioneers faithful supporters will be able to attend the first home match of the regular season against the Seacoast United Phantoms on May 21. A new state guideline which goes into effect on May 10, will increase the capacity from 12% to 25% at all indoor and outdoor stadiums in Massachusetts.

"We're currently working with the Ludlow Board of Health on the situation, but we're really hoping to welcome our fans back to the stadium at some point this season," Ferrara said. "We want everyone to feel safe at our matches. Safety protocols are second to none. Sports have always been an important part of our community."

All of the Pioneers home matches this season are scheduled to start at 7:30 p.m. Their other six home matches will be against FC Malaga City (June 4), AC Connecticut (June 11), Black Rock FC (June 18), Boston Bolts (June 26), AC Connecticut (July 2), and Black Rock FC (July 9).

For more information about how to purchase tickets online please visit wmpioneers.com.

Federico Molinari, who's a former Pioneers player, returns as the head coach.

"Federico and his players did a tremendous job winning the conference title in 2019," Ferrara said. "Federico and I have been working very well together during the offseason. He has a passion for the game of soccer. He also has a lot of international

contacts."

The Pioneers assistant coaches are Dennis Gomes, Jay Willis, and John Voight.

A couple of returning Pioneers players are Guillermo Deal, Blake Mullen, Connor Hicks, and Maxi Viera, who's the girls' varsity soccer coach at Ludlow High School.

Viera and Deal were two of the nine players from Uruguay listed on the Pioneers 2019 roster. There were also players from France, Spain, and Argentina, which is Molinari's home country.

"We do have a lot of international players on this year's roster," Ferrara said. "A couple of the foreign players are members of a college soccer team in the United States. Some of them are looking for professional opportunities."

Mullen, who's from Manchester, Connecticut, was the Pioneers starting goalkeeper in 2019. He only allowed seven goals during the regular season and was selected to the All-League team. He also received the USL League Two Golden Glove Award.

Back in 2016, Hicks, who graduated from Monson High School, scored the game winning goal in overtime against Cohasset in the Division 4 state championship match. Hicks is also a member of the AIC men's soccer team.

The Mutiny played their home matches at several different high school in Western Massachusetts, before moving to Lusitano Stadium in 2019.

"The Mutiny had a great first season at Lusitano Stadium two years ago," Ferrara said. "We also had great weather for all of our home games, which helped bring even more fans to our games."

The Mutiny, who celebrated their 20th season in 2019, finished the regular season with an 8-0-2 record.

Just like the Pioneers, the Mutiny finished in first place in the league standings and advanced into the Eastern Conference finals of the United Women's Soccer league.

After defeating the Long Island Rough Riders, 3-0, at home in the semifinals, the Mutiny's outstanding season came to an end following a 2-1 loss to the Lancaster Inferno at the stadium two days later.

Jeb Booth returns as the Mutiny head coach following a very successful first season at the helm.

"Jeb is an outstanding soccer coach, and he loves coaching this team," Ferrara said. "All of the players respect him."

Matt Johnson, who coached the AIC women's soccer team for nine seasons and is the first-year head women's soccer coach at Franklin Pierce, will be an assistant coach for the Mutiny this season.

While the Pioneers roster is made up of mostly international players, most of the Mutiny players are from Western Massachusetts.

"The talent pool has been rich in this area during the past couple of seasons," Ferrara said. "We have players from ten different communities in Western Mass."

A few of the local Mutiny players are Jocelyn Trajkovski (Ludlow), Trystyn Burger (Gran-

by), Kayla Henry (Belchertown), Hope Santaniello (Agawam), Laura Gouvin (Monson), Alexis Legowski (South Hadley), Lily Fabian (Monson), Brooke Murphy (Monson), Nissa Pereira (Ludlow) and Ela Kopec (Ludlow).

The Mutiny home opener is scheduled to be against the Scorpions SC, who are a first-year team from the Boston area, on May 15.

Their other home matches, which will all begin at 7 p.m., are against CT Rush (May 22), NJ Copa FC (June 5), Syracuse DA (June 19), and the L.I. Rough Riders (July 10).

If fans are allowed to attend soccer matches at Lusitano Stadium this season, it'll be a good sign that things are finally getting back to normal again. The home fans also help energize both the Pioneers and Mutiny players.

Road safety is goal of new Mass. legislation

The Baker-Polito Administration on Monday filed legislation officials said is aimed at improving road safety."

Called "An Act Relative to Improving Safety on the Roads of the Commonwealth," Gov. Baker's office said the legislation includes provisions previously filed by the administration in 2019 and several new proposals, including increasing penalties for individuals who cause personal injury while driving on a non-administratively suspended license.

"These proposals will make Massachusetts roadways and streets

safers for all travelers and will help reduce roadway fatalities across the state," Baker said in a statement.

"This legislative package builds upon laws enacted in 2019 to prevent and enforce distracted driving, and we look forward to working with our partners in the Legislature to take additional steps to improve road safety."

Lt. Gov. Karyn Polito said in a statement the bill is intended to make roads safe for all who use them.

"This legislation will make a difference for all travelers in the Commonwealth including pedes-

trians, bicyclists, and drivers," she said.

"We are grateful for the input from municipal leaders, advocacy groups and non-profit organizations, which allow us to take steps that will save lives and prevent injuries in communities throughout the Commonwealth."

According to Acting Secretary of Transportation Jamey Tesler, "The new laws are first and foremost in keeping with our goal to reduce the number of deaths on our roads," said Crashes due to distracted driving, speeding, and other unsafe driving behaviors, continue

to occur on Massachusetts roadways despite reduced driving levels during the pandemic, and these proposals will help refocus and change current driving habits and behaviors to ensure that individuals remain safe."

The bill includes proposals on the following new and previously filed topics:

Primary Seatbelt: allows law enforcement to stop motorists for not wearing a seatbelt.

Haley's Law: increases penalties for individuals who cause personal injury while driving on a non-administratively suspended li-

cense. New provisions would create three levels of new "aggravating factors" to driving while suspended:

1. Driving negligently/recklessly: fine up to \$1,000 and up to five years in prison.

2. Causing "serious bodily injury": fine up to \$3,000 and house of correction up to 2.5 years;

3. Causing death: fine up to \$5,000 and mandatory two years to a maximum of 10 years in prison. Current statute simply penalizes for driving while suspended.

Traffic Camera Enforcement Local Option: allows localities to place red light cameras at intersec-

tions (and the Department of Conservation and Recreation (DCR)/MassDOT-owned roads that serve as local roads with DCR/MassDOT permission). Cameras would be restricted to collecting photographs only upon a violation and only of the vehicle license plates. Violations would include running a red light and making an illegal turn on a red light.

Bicycle Safe Passing: requires a driver to maintain a three-foot "safe passing distance" and to travel at a speed that is reasonable and

ROAD SAFETY | page 11

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Turleysports

Athlete of the Week

Connor Santos
Monson High School



Santos put up 10 points for the Mustangs in their final Fall 2 basketball game against Hampshire Regional on Apr. 20.

To nominate someone for Athlete of the Week, contact Managing Sports Editor Gregory A. Scibelli at 413-283-8393 ext. 258 or send an e-mail to gscibelli@turley.com.

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Valley Wheel Baseball seeks new players

REGION — The Valley Wheel Over-28 Baseball League is looking for new players for the 2021 season, which is set to begin at the end of April. Players who are 28-years-old prior to June 1 are eligible to play in the league this season, however, only those 30 by June 1 are eligible to pitch. The league includes six teams and there is a 15-game season that begins on Sunday, April 25. Games are 12 Sundays, a special Mother's Day weekend Saturday game, and two weekday night games under the lights. The season ends the final week of July with the playoffs for the top four teams during the first two weeks of August. While tryouts have completed, there are still open roster spots among the six teams in the league. The league will continue to accept applications for new players throughout the season. All players bat and every player spends at least four innings in the field in a nine-inning game. The league will be playing with some minor modifications due to the COVID-19 pandemic to start. For more information, please contact League Commissioner Jim Nason at jwheel12@comcast.net.

Sign up for Quabbin Valley Baseball

REGION — The Quabbin Valley Baseball League is an age 28-and-over league which plays its games Sundays at 10 a.m. beginning in late April and concluding in late August. It is a six-team league and a 15-game schedule with all teams getting at least one play-off game at the end of August.

The league is seeking new players to join in the fun. The cost to play in 2021 is \$192.50 and registration can be found at www.quabbinvalleybaseball.org. Games are mostly being played this year in Easthampton and South Hadley. Players who wish to pitch in the league must be 30-years-old.

Sign-ups will continue to be open as the league still has open roster spots

GARDEN | from page 4

While many wrestlers are used to participating in large tournaments on the weekend, that will not be the case. There also will not be any dual meet tournaments. Only team versus team duals meets are allowed during the spring season, and at the most, three teams are allowed to participate in a given event.

Weigh-ins are a big part of the sport. The MIAA is encouraging each school to hold morning weigh-ins with no additional weigh-ins prior to the meet. A rule allowing the plus-three at night will not be allowed for the modified season.

Another big part of the wrestling season will be the possibility of com-

petitions taking place in the open air. Schools participating in the wrestling season are being encouraged to hold meets outdoors.

There are only a few major match modifications that have been put in place. There will be frequent sanitization of mats and for participants. Referees will need to stop matches in instances where protective ear guards come off. There will be no handshakes before, and after matches. The referee will also only point to winners instead of raising their hands.

Competitions for all spring sports, including wrestling, were set to start this week.

DEATH NOTICES

Eileen J. Carroll
(Young), 74
Died: May 2, 2021
Visitation May 8
2-5 p.m. at
Beers & Story Palmer
Funeral Home

William R. Dubuque, 67
Died: April 30, 2021
Funeral Mass
May 7 at 11 a.m.
in St. Thomas Church

Paul Narreau, 66
Died: April 29, 2021

Karl Oliveira, 57
Died: April 26, 2021

James J. Smith, 53
Died: April 25, 2021

The Journal Register OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

O B I T U A R I E S

Karl Oliveira, 57

PALMER — Karl Oliveira, 57, sadly passed away unexpectedly April 26, 2021.

He was born March 13, 1964, in Palmer, son of Bernice (Frydryk) of Three Rivers and the late Anthony Oliveira. Karl has been a lifelong resident of Palmer and graduated from Palmer High School in 1982. Karl has been instrumental in organizing all of his class's high school reunions, holding regular meetings at St. Joe's, along with serving as an officer on their committee. He continued his education at WNEC, obtaining his BA in Mathematics.

For the past 10 years, Karl worked at Lincoln Financial Group, previously employed at various insurance and financial institutions in the area. A long-time, well-known Western Mass. baseball star, Karl was the only non-professional baseball play-



er inducted into the Western Mass Baseball Hall of Fame in 2019. His love for the game of baseball and competitive edge in the Tri-County League was evident to all fellow players and spectators.

He was meticulous and took much pride in his home, lawn and yard. Karl was always busy and could fix anything. As a natural leader, he served as officer in the Tri-County League and St. Joe's Club. The many circles of friends and co-workers are numerous.

Along with his mother, he is survived by his high school sweetheart and wife of 30 years, Karen (Leduc) Oliveira, along with their three children — Kristen and husband William Contois, Beth Oliveira, and Nathan

along with many nieces and nephews.

A walk-through visitation was held Monday, May 3, at Beers & Story Palmer Funeral Home, followed by a Funeral Mass May 4 at Divine Mercy Church. Private burial for the family was scheduled for a later date.

In lieu of flowers, a Go Fund Me has been set up called Karl Oliveira Memorial. For more, go to beersandstory.com.

James J. Smith, 53

WALES — James J. Smith, 53, passed away suddenly on Sunday, April 25, 2021.

Son of Jean (Ripolone) Smith and the late Charles E. Smith Jr., he was born in Hartford, Conn. on Dec. 21, 1967. Raised in Windsor Locks, Conn., moving to Brimfield in 1987 and later to Wales, Jimi was employed at Northern Tree of Palmer for 20-plus years as a log truck operator.

Jimi and his identical twin brother Charlie lived together and raised their family. They were so close that you never mentioned one of their names without including the other. The only time they were separated was when Jimi was in boot camp. Together, he and his brother enjoyed building and rebuilding anything with a motor or wheels.

He was a devoted father to his son Damien, his pride and joy. Recently, Jimi was so excited when his lady love Lee Anne gave birth to his second son Antonio (Nino). Jimi was an avid NASCAR fan and loved going to Bruins and Patriots games with



his brothers Chuck, Glenn and brother in-law Don. He enjoyed ice fishing with his brother Glenn and had to spend Thanksgiving with his sister Shelley if only for her stuffing (with no onions). He loved to tease and make his sister in-law Angie laugh. He always found time to reach out to his adopted brother Mike in Florida to hear about his adventures on the Kyle Petty Cross Country Benefit Ride.

He was a devoted uncle to Courtney, Alexandra, Glenn Jr., Jillian and Tyler. He looked forward to uncle Paul's Easter omelets and Aunt Carol's Bunny Bucks Auction and enjoyed spending time with Aunt Mary Ann and Uncle Ed snowmobiling around their New Hampshire camp. Jimi shared his love of cars, motorcycles and snowmobiles with his uncle Mark and aunt Dee.

He was devoted to his mom and called her every morning

at 6 a.m. to give her the weather report and wish her a good day and Sundays were spent mowing her lawn, dinner and watching the race on one TV and the Patriots on the other TV.

Jimi will be dearly missed by all who knew him. He was always ready to lend a helping hand and once you met him you became a friend for life. He leaves behind his large loving family as well as many extended family members, fellow employees, club members and many dear and special friends.

Visitation was May 2 at Beers & Story Palmer Funeral Home. A graveside service was held May 4 in Brimfield Cemetery. In lieu of flowers, memorial donations may be made towards the Educational Fund for Damien and Antonio mail to Jean Smith, Trustee 71 Haynes Hill Road, Brimfield, MA 01010.

O B I T U A R I E S

Eileen J. (Young) Carroll, 74

PALMER — Eileen J. (Young) Carroll, 74, passed away May 2, 2021. Born in Springfield on Sept. 19, 1946, she was the daughter of Stedman and Jeanette Young. Eileen grew up in Springfield and graduated from Springfield Technical High School. Palmer was home, where she raised her children and grandchildren.

Always caring for others, Eileen worked in various capacities throughout the years as nursing assistant and customer service, she loved people. She loved vacationing with the family, coin collecting with the grandchildren and her lottery. Her greatest love



and joy is that of her family.

Eileen will be dearly missed by her husband of 57 years, Melvin, along with their children, Debi of Brimfield, Scott and Sonia of Palmer, Brandon and Sheryl of Bondsville, Cyndi and Jeff of Ludlow, along with her dear 11 grandchildren — Michael, Ryan, Amber, Heather, Mandi, Kevin, Matt, Zach, KK, Cody and Kyle — and three great-grandchildren. Eileen will also be forever remembered by her twin sister, Arlene Vanasse of North

Visitation will be 2-5 p.m. Saturday, May 8, at Beers & Story Palmer Funeral Home.

Please consider donations in her memory to either Shriners Hospital for Children or the American Heart Association. For more, visit beersandstory.com.

William "Bill" R. Dubuque, 67

PALMER — William "Bill" R. Dubuque, 67, passed away April 30, 2021, at home with his family by his side.

Born in Springfield on April 19, 1954, he was the son of William F. and Mary H. (Gannon) Dubuque. Bill lived in Palmer for all of his life. He was a humble man that gave much of himself to charity, but never wanted to be acknowledged. He met the love of his life, Diane Banach, in freshman history class. In 1972, Bill and Diane were voted Class Couple — a title they held every day of their lives.

He was a dedicated, third-generation employee of 47 years at Rathbone Precision Metals until his retirement three years ago. Bill proudly served his country in the Marine Corps from 1974-1978. From practices and games to family vacations, his greatest devotion was to his beloved family. Bill enjoyed playing football in the front yard



with his sons and the neighborhood kids, especially in the rain and mud. His sense of humor never left him and was only surpassed by his generosity and love for his family. His grandchildren loved their "Papa," and they could do no wrong in his eyes. Bill and Diane took every opportunity to hang out with his siblings, singing to the oldies, telling the same stories, and eating pizza as often as possible. He was a devoted, caring brother during his sister's battle with cancer. Bill will be dearly missed by his wife and soulmate of 47 years, Diane (Banach) Dubuque, along with their three sons, Bill Dubuque and Jan Thornton of Granby, Erick and Molly Dubuque of Louisville, Kentucky, and Frank and Sara Dubuque of League City, TX. Bill also leaves grandchildren,

of Palmer. Visitation will be Thursday, May 6th from 4:00-7:00 p.m. at the Beers & Story Palmer Funeral Home with a Funeral Mass Friday, May 7th at 11:00 a.m. at St. Thomas Church with military honors to conclude. Prior to the Friday Mass, there will be a brief gathering at 10:00 a.m. at Beers & Story Palmer Funeral Home. To honor his giving spirit and in lieu of flowers, please make donations to the Palmer Food Bank or a charity of your choice. Please visit [www.beersandstory.com](http://beersandstory.com)

Paul Narreau, 66

THREE RIVERS — Paul Narreau, 66, passed away suddenly April 29, 2021. Born Jan. 12, 1955, in Springfield, he was the son of Ovila and Dorothy (Picard) Narreau. Paul grew up in Wilbraham and has lived in Three Rivers for many years. He worked at United Plumbing Supply in various capacities throughout his many years of employment. Paul could often be found tinkering on small engines or fixing and repairing something as he always had many projects he was working on. Paul and his wife Patricia loved the vacations they took in



the White Mountains and looked forward to the time spent together.

He will be dearly missed by his wife of 41 years, Patricia A. (Wilson) Narreau, along with their sons, Glenn Wilson of Florida, and Daniel Narreau and Kelly. Paul also leaves his four brothers, David and Lillian, Gary, Ronald and Grace and Mark Narreau, along with three grandsons, Dustin, Isaiah, and Trevelyan. His dear cats, Abby and most especially Ros-

ie, will also miss him and his best friend Richard of over 40 years.

Paul was predeceased by his sisters, Gail, Rosemary, Lois and Ann.

Visitation was held May 4 at Beers & Story Palmer Funeral Home. A Funeral Mass was held May 5 at St. Elizabeth Church in Ludlow. Burial in St. Anne's Cemetery in Three Rivers. For more, visit beersandstory.com.

and state transportation entities to identify problem areas or emerging trends.

Side guards and additional Mirrors: requires all Commonwealth-owned and operated vehicles over 10,000 pounds to have side guards, convex mirrors and cross-over mirrors. All Commonwealth and municipal contractors would be required to have these devices by Jan. 1, 2024. Side guards protect bicyclists and pedestrians from being swept under large vehicles, which can happen, for example, when vehicles are making tight turns at intersections. The convex mirrors complement the side guards.

Low-Speed Mobility Device Advisory Working Group: given the growth in use and acceptance of micro-mobility solutions like electric scooters and bicycles, and their unclear status in state law and local regulation, this bill calls for MassDOT to convene an advisory group to recommend a new statutory framework to ensure safe use while encouraging these low-carbon transportation alternatives.

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Memorial Service in memory of SHEILA A. MACHNIK



1955-2020

FOREVER IN OUR HEARTS

A Memorial Funeral Mass will be offered on Wednesday, May 12, 2021 at 11 AM in St. Mary's Church, 57 South Street, Ware. Sheila's family will receive friends from 10 AM until the time of the Mass, in St. Mary's Church. Inurnment with Prayers of Comittal will follow in St. Mary's Cemetery in Ware.

Public notices

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises:
40 Bethany Road,
Monson, Massachusetts

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Ronald S. Midura and Shirley A. Midura to Chevy Chase Bank F.S.B. and now held by Wilmington Savings Fund Society, FSB, as trustee of Stanwich Mortgage Loan Trust A, said mortgage dated December 19, 2003, and recorded in the Hampden County Registry of Deeds, in Book 13905 at Page 450, as affected by an Assignment of Mortgage dated January 9, 2019, and recorded with said Deeds in Book 22701 at Page 484, of which mortgage the undersigned is the present holder, for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at Public Auction on **May 27, 2021, at 2:00 PM** Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

The land in said Monson, Hampden County, situate on the westerly side of Bethany Road bounded and described as follows:

BEGINNING at an iron pin in the westerly line of Bethany Road at land now or formerly of William T. Lewis and Emily Lewis, said pin being the northeast corner of the tract to be described, and running thence

WESTERLY: ALONG land now or formerly of William T. Lewis, et ux about 90 feet to an iron pin at land now or formerly of Marvin Lyon; thence TURNING AND RUNNING

SOUTHERLY: ALONG said Lyon land about 75 feet to an iron pin at other land now or formerly of said WILLIAM T. LEWIS, ET UX; thence TURNING AND RUNNING

EASTERLY: ALONG land now or formerly of said William T. Lewis, et ux about 90 feet to an iron pin in the westerly line of said Bethany Road; thence TURNING AND RUNNING

NORTHERLY: ALONG the westerly line of said Bethany Road about 75 feet to the POINT OF BEGINNING.

RESERVING the right of Esther M. Lewis to occupy, rent and improve the premises for her entire natural life as a Reserved Life Estate.

BEING THE SAME PREMISES conveyed to the grantor by deed dated February 18, 1981 and recorded with Hampden County Registry of Deeds in Book 5070, Page 133. Eva Brown died in Palmer, MA, February 24, 1995.

The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.

For Mortgagors' Title see deed dated December 30, 1999, and recorded in Book 11056 at Page 462 with the Hampden County Registry of Deeds.

TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

TEN THOUSAND (\$10,000.00) Dollars of the purchase price must be paid by a certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid by a certified check, bank treasurer's or cashier's check within forty five (45) days after the date of sale.

Other terms to be announced at the sale.

Marinosci Law Group, P.C.
275 West Natick Road,
Suite 500
Warwick, RI 02886

Attorney for Wilmington Savings Fund Society, FSB,
as trustee of
Stanwich Mortgage Loan

Trust A
Present Holder of the
Mortgage
Telephone: (401) 234-9200
MLG File No.: 17-16339
05/06, 05/13, 05/2021

In accordance with the provisions of Chapter 40A, Section 11, M.G.L. the Palmer Planning Board will hold a public hearing on **Monday, May 24, 2021 at 7:30 PM** in the Town Hall Meeting Room, 4417 Main Street, Palmer, MA.

The applicant, Christopher Donohue, is seeking a Special Permit and Site Plan Approval as required by section 171.63, Village Center District 1, to change the use of the building to mixed use of miscellaneous professional/business offices and residential units at the property located at 1011 Central St, Palmer MA. This parcel is also known as Assessor's Map 58, Lot 205.

A copy of the application may be inspected at the Planning Department office in the Town Administration Building from 8:30 AM to 4:30 PM, Monday through Thursday.

Anyone interested in more information or wishing to be heard on the application can contact the Planning Department at 413-283-2605 or appear at the time and place designated above.

This notice shall also be posted on the Massachusetts Newspaper Publishers Association's (MNPA) website (<http://masspublicnotices.org>). Michael Marciniec, Chairman 05/06, 05/13/2021

PALMER PLANNING BOARD PUBLIC HEARING NOTICE

In accordance with the provisions of Chapter 40A, Section 11, M.G.L. the Palmer Planning Board will hold a public hearing on Monday, May 24th, 2021 at 7:00 PM in the Town Hall Meeting Room, 4417 Main Street, Palmer, MA.

The applicant, Richard Vaillant, is seeking a Special Permit and Site Plan Approval as required by section 171.28 and 171.29, respectively, for the operation of an outdoor commercial recreational facility at the property located at 1701 Park St, Palmer MA. This parcel is also known as Assessor's Map 3, Lot 1.

A copy of the application may be inspected at the Planning Department office in the Town Administration Building, from 8:30 AM to 4:30 PM, Monday through Thursday.

Anyone interested in more information or wishing to be heard on the application can contact the Planning Department at 413-283-2605 or appear at the time and place designated above.

This notice shall also be posted on the Massachusetts Newspaper Publishers Association's (MNPA) website (<http://masspublicnotices.org>). Michael Marciniec, Chairman 05/06, 05/13/2021

COMMONWEALTH OF MASSACHUSETTS (SEAL)

LAND COURT DEPARTMENT OF THE TRIAL COURT DOCKET 20 SM 000621 ORDER OF NOTICE TO: Lynn Hillier, Individually and as Personal Representative of the Estate of Michael A. Goodwin; Mark Goodwin

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act; 50 U.S.C. 50 §3901 (et seq):

MidFirst Bank,

claiming to have an interest in a Mortgage covering real property in Brimfield, numbered **35 Oakwood Road**, given by Michael A. Goodwin to Mortgage Electronic Registration Systems, Inc., as nominee for Evolve Bank & Trust, its successors and assigns, dated March 31, 2017, and recorded in Hampden County Registry of Deeds in Book 21625, Page 186, and now held by plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of

the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before **May 31, 2021** or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, GORDON H. PIPER Chief Justice of this Court on April 23, 2021

Attest:

Deborah J. Patterson
Recorder
(19-00528 Orlans)

05/06/2021

LEGAL NOTICE

Pursuant to the provisions of MA Gen. Laws, Chap. 255, Sec. 39A, the following vehicles will be sold at public auction for towing and storage charges due:

GMC VIN:1GKDT13S582218726

Kahmad Wilson 4 Shearer ST Palmer,MA; DODGE VIN:1D4GP24353B191906

Heather Caroll 129 Beacon DR Palmer,MA; CHEVY VIN:1G1ZT58N68F117529

Lisa Burke 74 Main ST Apt B Monson,MA; JEEP VIN:1J4GZ58SOWC185062

Quan Jennings 299 Park ST #B Bristol, CT; HONDA VIN:3HGCG6657G2702702

Michael Hogan Jr 38 Bourne ST Three Rivers, MA; CHEVY VIN:1G1AT58H397153665

Kenneth Labonte PO. Box 63 Bondsville, MA; SUBARU VIN:JF1SF635X2H70482

Shamiran Hawiil 117 Davidson ST Springfield, MA; CHEVY VIN:1GNDT13S822236650

Verinilda Ramirez 33 Berkley ST Springfield MA ; C H E V Y VIN:1G1AD5F53A7213907

Beverly Boulette 70 Beacon DR Palmer,MA. This auction is to take place on **May 21, 2021, 10:00 A.M.** at LaBontes & Son LLC, 241 Wilbraham St., Palmer, MA 01069.

05/06, 05/13, 05/20/2021

PALMER LOCAL LICENSING AUTHORITY NOTICE OF PUBLIC HEARING

The Palmer Local Licensing Authority will hold a public hearing on **May 17, 2021 at 6:30 PM** at the Palmer Town Administration Building, 4417 Main Street, Palmer MA 01069 on the application from J. Lukose Inc DBA Luke's Beer & Wine under MGL C 138 §15 for a NEW OFF-Premises SEASONAL All Alcohol License located at 1478 North Main Street, Palmer, MA.

Any persons interested in being heard should call 413-283-2603, email nparker@townofpalmer.com prior to the public hearing or appear at the time and place designated above.

05/06/2021

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05/06/2021

THE COMMONWEALTH OF MASSACHUSETTS (SEAL)

DEPARTMENT OF TRANSPORTATION - HIGHWAY DIVISION NOTICE OF A PUBLIC HEARING

Project File No. **608846**

A Virtual Design Public Hearing will be published on the MassDOT website below to present the design for the proposed Old Wales Road over Conant Brook Bridge Replacement project in Monson, MA.

WHEN: **Monday, May 10, 2021 at 6:30 PM**

PURPOSE: The purpose of this hearing is to provide the public with the opportunity to become fully acquainted with the proposed Bridge Replacement of Bridge No. M-27-015 carrying Old Wales Road over Conant Brook project. All views and comments submitted in response to the hearing will be reviewed and considered to the maximum extent possible.

PROPOSAL: The proposed project consists of the completed demolition of the existing single span bridge and replacement with a single span bridge consisting of precast, prestressed concrete spread deck beams supporting a concrete deck with an asphalt wearing surface. The proposed structure

will be supported on concrete cantilever abutments at either end of the span. The bridge will carry two 11'-0" travel lanes and two 4'-0" usable shoulders. The overall bridge width will be 33'-3" with a span length of 25'-8". There will also be roadway improvements to the bridge approaches including new guardrails, planted slopes, and modified drainage swales.

A secure right-of-way is necessary for this project. Acquisitions in fee and permanent or temporary easements may be required. The Town of Monson is responsible for acquiring all needed rights in private or public lands. MassDOT's policy concerning land acquisitions will be presented in the hearing.

Project inquiries, written statements and other exhibits regarding the proposed undertaking may be submitted to Patricia A. Leavenworth, P.E., Chief Engineer, via e-mail to MassDOTProjectManagement@dot.state.ma.us or via US Mail to Suite 6340, 10 Park Plaza, Boston, MA 02116, Attention: **Project Management**, Project File No. **608846**. Statements and exhibits intended for inclusion in the public hearing transcript must be emailed or postmarked no later than ten (10) business days after the hearing is posted to the MassDOT website listed below.

This hearing is accessible to people with disabilities. MassDOT provides reasonable accommodations and/or language assistance free of charge upon request (e.g., interpreters in American Sign Language and languages other than English, live captioning, videos, assistive listening devices and alternate material formats), as available. For accommodation or language assistance, please contact MassDOT's Chief Diversity and Civil Rights Officer by phone (857-368-8588), TTD/TTY at (857) 266-0603, fax (857) 368-0602 or by email (MassDOT_CivilRights@dot.state.ma.us). Requests should be made as soon as possible prior to the meeting, and for more difficult to arrange services including sign-language, CART or language translation or interpretation, requests should be made at least ten business days before the hearing.

This Virtual Design Public Hearing or a cancellation announcement will be posted on the internet at www.mass.gov/mass-dot-highway-design-public-hearings.

JONATHAN GULLIVER HIGHWAY ADMINISTRATOR

PATRICIA A. LEAVENWORTH, P.E. CHIEF ENGINEER

04/29, 05/06/2021

PALMER CONSERVATION COMMISSION PUBLIC MEETING NOTICE

In accordance with the Wetland Protection Act of the General Laws of the Commonwealth of Massachusetts, Chapter 131, Section 40, and the Town of Palmer Wetlands Ordinance, Chapter 168, the Palmer Conservation Commission will hold a public meeting on **Tuesday, May 18, 2021 at 7:00 PM** on the application of BSC Group, Inc. c/o MassDOT Highway Division District 2 of 811 N. King Street, Northampton, MA 01060.

The applicant is requesting a determination to see if the work associated with proposed vegetation clearing within the Massachusetts Turnpike (I-90) Right-of-Way (ROW) is subject to the MA Wetlands Protection Act. Work is proposed to occur within the 100-foot Buffer Zone to Bordering Vegetated Wetlands, Bank, Riverfront Area, and Bordering Land Subject to Flooding is located within previously disturbed areas within the state highway layout.

The location of the proposed project is the Massachusetts Turnpike (I-90) Right-of-Way (ROW) and is also known as: Map Way (ROW).

Public Participation will be via Virtual Means Only - Pursuant to Governor Baker's March 12, 2020 Order Suspending Certain Provisions of the Open Meeting Law, G.L. c. 30A, §18, and the Governor's March 15, 2020 Order imposing strict limitation on the number of people that

can attend the meeting.

Additionally, within thirty days after said return day (or within such other time as the Court upon motion may order), you must file a written affidavit of objections stating the specific facts and

the law relied upon.

On or before the return date, the Respondent and all other interested persons, you are hereby notified pursuant to Rule 72 of the Supplemental Rules of the Probate & Family Court, that the **First and Final** account(s) of Alison Bartlett O'Donoghue of Holyoke, MA as Temporary Conservator of the property of said Respondent has or have been presented to the Court for allowance.

To the named Respondent and all other interested persons, you are hereby notified pursuant to Rule 72 of the Supplemental Rules of the Probate & Family Court, that the **First and Final** account(s) of Alison Bartlett O'Donoghue of Holyoke, MA as Temporary Conservator of the property of said Respondent has or have been presented to the Court for allowance.

To the named Respondent and all other interested persons, you are hereby notified pursuant to Rule 72 of the Supplemental Rules of the Probate & Family Court, that the **First and Final** account(s) of Alison Bartlett O'Donoghue of Holyoke, MA as Temporary Conservator of the property of said Respondent has or have been presented to the Court for allowance.

To the named Respondent and all other interested persons, you are hereby notified pursuant to Rule 72 of the Supplemental Rules of the Probate & Family Court, that the **First and Final** account(s) of Alison Bartlett O'Donoghue of Holyoke, MA as Temporary Conservator of the property of said Respondent has or have been presented to the Court for allowance.

To the named Respondent and all other interested persons, you are hereby notified pursuant to Rule 72 of the Supplemental Rules of the Probate & Family Court, that the **First and Final** account(s) of Alison Bartlett O'Donoghue of Holyoke, MA as Temporary Conservator of the property of said Respondent has or have been presented to the Court for allowance.

To the named Respondent and all other interested persons, you are hereby notified pursuant to Rule 72 of the Supplemental Rules of the Probate & Family Court, that the **First and Final** account(s) of Alison Bartlett O'Donoghue of Holyoke, MA as Temporary Conservator of the property of said Respondent has or have been presented to the Court for allowance.

To the named Respondent and all other interested persons, you are hereby notified pursuant to Rule 72 of the Supplemental Rules of the Prob

CALENDAR OF EVENTS

E-mail items to mharrison@turley.com or mail to Calendar Editor, Journal Register, 24 Water St., Palmer, MA 01069, for receipt by Monday of week for publication.

Editor's note: Due to the coronavirus pandemic, events featured in the Journal Register, including those previewed in stories, briefs and on the calendar page, may be canceled with little notice. The Journal Register encourages readers to contact event coordinators and organizers for updated event times. Have an event to promote? Email the information (in a Word doc or as email text – no PDFs, please) to mharrison@turley.com.

NOW

BRIMFIELD COMMUNITY CLEAN UP DAY: Join in this community event 8 a.m.-noon Saturday, May 8, to help pick up litter on the area streets and beautify the town. Clean your own street or join a team. Supplies such as gloves, bags and safety vests will be given out at the Congregational Church that morning. For more details, or to sign up visit Brimfieldma.org.

PLANT SALE: Monson Garden Club will hold its annual plant sale on Saturday, May 8, at Dave Grieve Park Gazebo the corner of Main and Lincoln streets across from Memorial Hall starting at 9 a.m. A wide selection of perennials in addition to wildflowers, vegetables, shrubs, house plants, bulbs and herbs will be available. Plants come from members' gardens, and members will be available to answer question. Proceeds go to local community projects such as downtown plantings, holiday greens, and a scholarship fund. Masks are required. Rain date is May 15.

RIVER SWEEP: Volunteers needed for a river clean-up 9 a.m. to noon Saturday, May 8, at Laviotelle Field in Three Rivers – rain or shine. Registration begins at 8:30 a.m. Volunteers will be required to adhere to all COVID-19 safety guidelines and social distancing protocols during the event. Light refreshments will be provided. For more information, contact Fortune at 413-626-7084 or sfortune@townofpalmer.com.

ORGANIC FARMING: Many Hands Organic Farm will be hosting a workshop regarding organic small fruit production on Saturday, May 8, from 10 a.m. to noon at the farm on Sheldon Road. Participants will learn seed starting and planting protocols from greenhouse to hoophouse to field. They will start seeds inside, plant in the field and also spend some time on the theories and practice, which don't always conform with the norm on how to get plants off on their best footing and keep them thriving throughout the season. Registration is available on the Many Hands Organic Farm website at mhof.net/events-workshops.

GRIEF SUPPORT WORKSHOP: Have you lost someone close to you recently? A spouse, a partner, a child, a parent or a sibling? Come be a part of this new eight-week workshop. 10:30-11:30 a.m. May 10. During our time together, we will share stories and work together to help regain some balance. Facilitated by Rev. Dawn M. Adams. Sponsored by the Brimfield Senior Center. Pre-registration is necessary. This is a free event. Call the Brimfield Senior Center at 413-245-7253 to register.

CRAFTY CARD MAKING: The Holland Community Center invites you to come and make "Fancy Ladies With Hats" cards at 1 p.m. Monday, May 10. Three different cards available. Make one or all three. \$10 per card for materials. For more information, go to the center's Facebook page, their website town.holland.ma.us/community-center or call 413-245-3163.

SOON

TAG SALE: The Monson Free Library, 2 High Street in Monson, is holding a Tag Sale on 9 a.m.-3 p.m. Saturday, May 15. All proceeds will benefit the library. The rain date is 9 a.m.-3 p.m. Sunday, May 16.

ART SHOW: The Monson Arts Council

is presenting its 27th annual Art Exhibition and Sale, "The Colors of Change," May 15-30 in the House of Art, 200 Main Street in Monson, and as an online gallery. To sign up for a workshop or for more information on the exhibit, visit monsonarts council.org.

POETRY WORKSHOP: "Ekphrastic Poetry: Hear It! See It! Write It!" presented by Cindy Snow at Memorial Hall, 6:30-8:30 p.m. May 19. This workshop is funded by the Monson Cultural Council with funding from the Massachusetts Cultural Council. Participants will create poems in response to the art exhibit "The Colors of Change" on display at the House of Art. To register, contact Gay Paluch by e-mail gay.paluch@comcast.net or phone 413 893 9014. The cost for the workshop is \$5. Additional information about the spring exhibit can be found at monsonarts council/artshows.

RAFFLE DRAWING: Drawing for the Friends of the Monson Free Library Spring Raffle is May 19. Seven items are available and include gift certificates to Lowe's, Rainbow Gardens, and Full Circle Skin Care and Massage Therapy, a gardening gift basket, a Tastefully Simple Gift Basket, a hand made floral twin -sized quilt, and a handmade framed weather proof barn quilt. Items are on display at the Monson Free Library. Orders must be placed by May 12. Forms are available at the Monson Free Library at monsonlibrary.com.

CANDIDATES FORUM: The Monson Democratic Town Committee 54th Annual Candidates' Night Event will take place 4-7 p.m. Saturday, June 5, at Westview Farms Creamery, 109 East Hill Rd., Monson. All candidates on the ballot for Monson's June 8 town election are invited to speak. This event is an opportunity for candidates to connect with Monson voters. A light meal (burgers, hot dogs and chips) will be served for \$15 per ticket. To purchase tickets, text or call Patty Smith at 413-284-7801 or Sarah Pedder at 774-707-5563 or email Keith Valley at rkeithvalley@yahoo.com. All proceeds benefit the Monson Democratic Town Committee Scholarship Fund.

AT THE HOLLAND LIBRARY

New Saturday hours for Holland Library begin May 8: 3-8 p.m. Weekly hours are: Monday-Wednesday, 10 a.m.-2 p.m. Fridays, and 10 a.m.-4 p.m. Saturdays.

Coming this Summer: Tails and Tales Children's Summer Reading Program. Follow the Library on Facebook. Join the Community Book Club: The book club will meet online via Zoom. Copies of the monthly book selection, in a variety of formats, are available for curbside checkout at the library.

Contact the Holland Community Center for more information by calling them at 413-245-3163. Like them on Facebook for updates.

To Join the Zoom meeting: Meeting ID: 736 9214 3025; Passcode: p95795.

ONGOING

EVERYONE INVITED TO AQUACISE: The Ludlow Community Center/Randall Boys & Girls Club at 91 Claudia's Way, Ludlow, offer Aquacise for residents of Monson, Palmer, Brimfield, Holland and Wales.

Aquacise will be offered 8:45 a.m. Mondays and Wednesdays. Aquacise is a low-impact, full-body workout performed in the water to put less stress on your joints and muscles while building strength. To reserve a spot visit ludlowbgc.org and click on Adult Programs, or call Matt Thompson at 413-583-2072, ext. 122. For updates on the facility, register on the website to receive Club emails. The Club continues to make health and safety its No. 1 priority to ensure all visitors who enter the building have a clean and safe environment.

PALMER DOMESTIC VIOLENCE FORCE: Consists of business owners, community members, survivors and allies. The Palmer Domestic Violence Task Force promotes education and awareness in the community while empowering, educating and providing resources to those who have been affected by domestic violence and/or intimate partner Violence in Palmer or those who have found safety in Palmer.

For help and meeting information, email palmerdvt@gmail.com. All contact is confidential.

MUSIC LESSONS, YOGA AND MORE: Just because days are short, and the thermometer reads cold doesn't mean there's

nothing to do. Hitchcock Academy constantly works with instructors to offer options to its community members. Look for upcoming classes in yoga, tai chi, meditation, and fencing. Hitchcock Academy follows all current COVID guidelines for cleaning and social distancing and anyone using the facility must wear a mask.

All information regarding current class offerings, events, and registration are available at hitchcockacademy.org.

FREE FOOD PROGRAM: The Massachusetts Military Support Foundation has found a way to get food to families that need it. The Farmers to Families program, set up by the U.S. Department of Agriculture, is part of a Coronavirus Food Assistance Program that help people all over the nation and has a site in Springfield open to all residents. The program will supply food kits with fresh fruits and vegetables, dairy products and meat products that distributes package into family-sized boxes. You can register for your food kit at mmfsi.org. On the website choose "Springfield, Ma" as your pick up site and sign-up. Register for one week or all four with easy one time registration. Food kit includes fresh dairy, protein, and produce totaling 30+ pounds of food. Military families are encouraged to sign-up but registration is open to the public.

BOOKSTORE: at the Unitarian Universalist Parish of Monson at the corner of Lincoln and Main streets in Monson is open the first Friday of every month from 5:30-7:30 p.m., the third Saturday of every month from 10 a.m.-1 p.m. Books priced from 25 cents to \$1 each: fiction, nonfiction, thrillers, horror, mystery, science fiction, how-to, classic literature, children's books, romances, cookbooks, gardening books and more. All proceeds benefit the parish. Donations are accepted. Call Mary at 267-9952 for more information. While currently closed, we are anticipating reopening later this year.

LEARN ABOUT LOCAL HISTORY: Want to learn more about local history? The Elbow Plantation Historical Society is available for research and other information. They can be reached at elbow.plantation@gmail.com. Send them your questions and comments and leave your preferred contact information and they will respond asap.

THE MONSON LIONS CLUB: has a 20-foot x 20-foot tent for rent. The cost is \$75 for a two-day event. The club will put it up and take it down. For more details, contact Curt at 413-668-6653.

DAY SPRING LODGE A.F. & A.M. located 14 Bliss St., Monson is making its hall available for rent for \$75 for a variety of parties and functions. For reservations, call Doug Battige at 413-267-5855 or 413-265-9398.

RESERVE YOUR CELEBRATION TENT now for your First Communion, bridal and baby showers, graduation parties, family reunions, birthday parties or any other kind of celebration you may have outdoors. The Palmer Lions Club has a tent for you, either 20-feet x 20-feet for \$125 or 20-feet x 40-feet for \$200. This includes setup and takedown in the Palmer area. Call Karen at 413-813-8445 to make a reservation. You may need to leave a message and your call will be returned. The Palmer Lions Club tent rental fees go towards assistance for the people of Palmer, Bondsville, Three Rivers and Thorndike.

SALVATION ARMY ASSISTANCE: Residents of Palmer, Thorndike, Bondsville and Three Rivers seeking emergency help with fuel assistance, utility payments/shut off, food, and clothing can contact the Salvation Army in Canton, MA at 339-502-5900. This is the office located in Canton, MA. If eligible, staff there will be able to address your concerns and provide assistance until the local Palmer office is once again staffed by a volunteer outreach coordinator.

MAKE A DONATION: to the Monson Free Library in honor of a special person or family member, in the form of a book, DVD or CD, audio book or magazine subscription. The person will receive a letter informing them of your gift. The cost of donations is \$25 for a book, \$20 for a CD or DVD, \$100 for an audio book and \$20 for a magazine subscription. For more information call 267-3866.

CAREGIVERS SUPPORT GROUP Please join us at 6 p.m. every first Thursday of the month at Palmer Healthcare Center, 250 Shearer St. Palmer. Light refreshments will be served Contact Kate Martin at 413-283-8361 for more information.

CHRISTIANITY EXPLORED Who is Jesus? What did he achieve? How should we respond? "Christianity Explored" is a study which seeks to answer these questions from the Gospel of Mark. The course involves seven weekly one-hour sessions using Bible study, related DVD viewing, and discussion of the pertinent passages. For more information contact Mal at 413-250-8548.

MONSON DEMOCRATS WANTED by the Monson Democratic Town Committee. Meetings are held on the fourth Thursday of each month over Zoom. Contact Chair Karen Nothe-Valley at 413-846-3041 or karen_monsondems@yahoo.com.

WEEKLY CLASSES: at Holland Community Center, 40 Brimfield Road, Holland. Mondays and Wednesdays lunch is served at noon, reservations required by calling 413-245-3163 and a \$2 donation is requested. Mondays at 10 a.m. is yoga class with Mah Jongg, and Monday evenings at 6 p.m. is Texas Hold 'Em. Tuesdays at 10 a.m. is the Coffee Social which is open to everyone, and Open Crafts are held on Tuesdays, 10:30 a.m.-12:30 p.m. Zumba is held on Wednesdays at 10 a.m., Mah Jongg is at 1 p.m. and Yoga is at 5 p.m., plus Pitch at 6:30 p.m. Stained glass is every Thursday from 10 a.m.-1 p.m. and 6-9 p.m. and Cribbage is weekly on Thursdays at 12:15 p.m. Walking Club is on Thursdays at 4 p.m. The Billiard Room is open Monday through Thursday from 10 a.m.-3 p.m. and 6-9 p.m. For everyone. For more information, call 413-245-3163.

NARCOTICS ANONYMOUS is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. The group is comprised of recovering addicts who meet regularly to help each other stay clean. Local meetings are held every Sunday at 6:30 p.m. at The Living Room of Trinity Episcopal Church, 17 Park St., Ware; every Monday at 7 p.m. at St. Patrick's Church, 22 Green St., Monson; Tuesday at 7:30 p.m. at the Belchertown United Congregational Church, 18 Park St., Belchertown; every Thursday at 7:30 p.m. and the Palmer Historical & Cultural Center, 2072 Main St., Three Rivers; and every Saturday at 7 p.m. at the Second Congregational Church, 1080 Pleasant St., Palmer. For more information or to find additional meetings throughout the New England area, visit www.nerna.org.

PALMER FOOD SHARE, INC., an emergency food pantry, is open on Tuesdays and Fridays from 9:30-11:15 a.m. Food Share is located at 39 Walnut St. in Palmer. Call 283-3614 with questions or to order to pick up food.

AL-ANON FRIDAY NIGHT BOOK STUDY meetings - a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve our common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Al-Anon has one purpose, to help families and friends of alcoholics. The group meets Fridays at Second Congregational Church, 1080 Pleasant St., Palmer from 6:30-7:30 p.m.

GREENE ROOM PRODUCTIONS is seeking people who would like to support the arts by being a part of its fundraising committee/booster club. The club is looking to fundraise, find sponsors, donors, and underwriters for upcoming productions, workshops, and educational opportunities. All interested individuals are invited to the next board meeting. If you are interested in being a part of Greene Room Productions or for more information, contact Erin Greene at (413) 668-7284 as soon as possible.

FREE HEALTH SERVICES are available at the Monson Council on Aging from 9-11:30 a.m. on the second Wednesday of each month. Services include a free blood pressure and glucose check. For more information or to schedule an appointment, call 267-4121. Walk-ins are welcome.

FAMILY GAMBLING-ANON GROUP on the first and third Monday of every month from 6:30-8 p.m. in the Haynes Chapel (behind the sanctuary) at Sturbridge Federated Church at Maple Street and Route 131 in Sturbridge. For those interested in gaining more support to promote your gambling recovery. To join this new group, call Doug at 508-887-1696 or Dee at 508-347-2122 or just come to the meeting.

LIBRARY LOFT Used Book Store at Schoolhouse Commons, 1085 Park St.

(Route 20) in Palmer. Regular winter hours are: Tuesday through Saturday from 10 a.m. to 4 p.m. Book donations will be accepted at the Palmer Public Library or at the Library Loft during open hours. Please, no magazines or Reader's Digest Condensed Books. We accept books only in good, clean condition. For more information, call 283-3330, ext. 100, or visit www.palmer.lib.ma.us.

THE MONSON COUNCIL ON AGING Meals on Wheels drivers deliver delicious home cooked meals to Monson Seniors (age 60+) in their homes every Monday through Friday. Seniors who could benefit from receiving a home delivered meal are those just returning from a stay in the hospital, rehab unit or nursing home, those who live by themselves and find it difficult to get out, and frail seniors who are alone much of the day while family members are at work. The Meals on Wheels program provides seniors with a daily hot nutritious meal, and a friendly visitor during the middle of the day. Meals can be ordered every day, or only as needed. Call the Monson Senior Center at 267-4121, for more info and to enroll. The requested donation is \$2.50 per meal. The Monson COA Nutrition Program is funded, in part, by a grant from Greater Springfield Senior Services, Inc.

THE MONSON ARTS COUNCIL is seeking new members. One does not have to be a resident of the town of Monson to become a member. The Arts Council is a nonprofit organization dedicated to bringing the arts to Monson and the region and it depends upon membership dues for support and the ability to provide various programs. The public is welcome to attend the council's monthly meetings, held on the fourth Wednesday of each month at 7 p.m. in the House of Art. The council welcomes new program ideas and participation in all activities. For more info, call 267-9764.

GED MATH VOLUNTEERS NEEDED: Top Floor Learning, Inc. at the Palmer Public Library is accepting applications for helping adults pass the GED Math test. Adults who have a high school diploma and good math skills in algebra, geometry, and word problems are eligible to apply. Call 283-2329 for info.

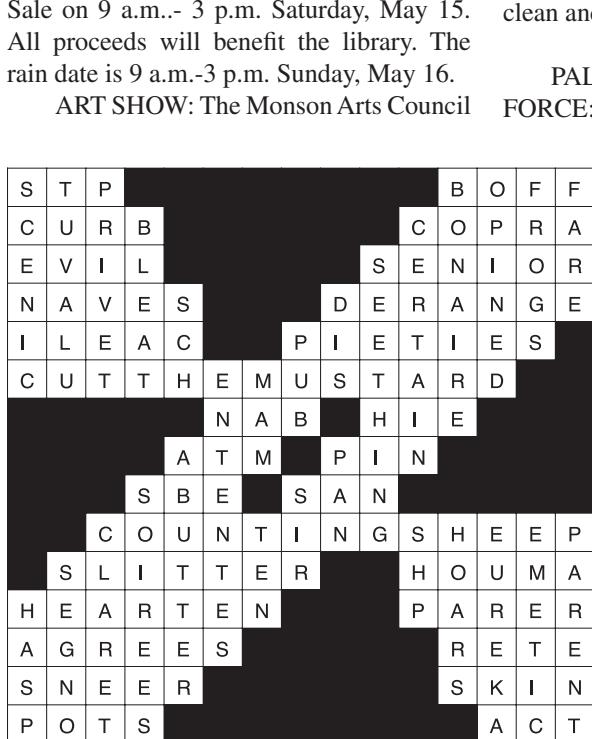
A SUPPORT GROUP FOR COMULSIVE GAMBLERS, Gam-Anon of Longmeadow, invites all family and friends of people with gambling addictions to its weekly meetings. The Gam-Anon group meets every Thursday at 6:30 p.m. at the First Church of Christ, 763 Longmeadow Street (corner of routes 5 & 192) in Longmeadow. For more info, visit www.gamanon.org, or call (800) 266-1908.

INTERESTS

KEEP HOMESTEAD MUSEUM at 35 Ely Rd., Monson is closed until further notice due to the continuation of the COVID 19 pandemic. There will be no meetings, tours, events or programs. They are hoping to hold the Concert on the Lawn in August. Nature trails are open daily until dusk for hiking, snowshoeing and cross-country skiing. Trail maps can be found in the parking lot. The Phillips Sculpture Garden is open year-round (handouts in box on one of the sign posts). For more information call 413-267-4137, email khm@keephomesteadmuseum.org. Visit their new website, where you can take a virtual tour, at keephomesteadmuseum.org.

THE QUABOAG VALLEY QUILTERS GUILD is looking for new members. The Guild meets on the first, third and fifth Thursdays of the month at 1 p.m. in the basement of the Palmer Historical and Cultural Center, 2072 Main St., Three Rivers. The Guild is a no pressure group with varying degrees of accomplishments, from novice to Big E "Best In Show" winners. The membership fee is \$48 a year. For more information, contact Barbara Beaulieu at 267-4044 or Merry Mombourquette at 283-7577. Follow us on Facebook.

MONSON WOODWACKERS wood carving club meets every Thursday at Monson Senior Center on Main Street in Monson from 6-8 p.m. The club meets throughout the year. Membership is \$10 for the year, payable in September. Anyone interested should call Barbara Mackintosh at 413-237-8303. There are many beginner projects and experienced teachers, as well, within the club.



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CYBERSECURITY LESSONS

Puppets help deliver serious message to seniors and their caregivers

By Jonah Snowden
jsnowden@turley.com

REGION — Puppeteer Ken Harris has one goal — to educate senior citizens and their caretakers on scams and cybersecurity through his web series "Cyber Brats" and other platforms.

Harris, of Springfield, said his passion for puppets came naturally at a young age.

"When I was around two years old, I had relatives giving me stuffed animals and I had the tendency to tear the back out of the dolls and made my own puppets," Harris said.

"I would insert my hand into the self-made hole I made in the back of the puppet. It was just a natural passion for puppetry."

As for how he got into cybersecurity, Harris said his late father Ronald Craig Harris Sr. worked for a digitally-oriented company and predicted the coming

impact of technology — the good and the bad.

"He was into computers and worked for a company called Digital," Harris said. "Part of his business involved being on the internet. As a buyer, he would communicate with different companies to sell digital products. My father would always tell us the Internet is going to change the world," Harris said.

"While I learned about hacking, cybersecurity and more, puppetry wasn't really a thing in Springfield, so I figured I'm not going to make a career out of puppetry."

Harris decided to go into the criminal justice field and worked as a reserve police officer, correctional officer and courthouse security officer in Atlanta. When his father passed, he returned to Massachusetts. After becoming a member of AARP, he volunteered for the Digital Fraud Fighter Network, which helped him expand his knowledge on cybersecurity.

Eventually, Harris decided to combine his knowledge with cybersecurity with his skills in puppetry and became a member of Puppeteers of America.

"I then found out about Spondulics TV out in Florida, who were looking for content creators who have some interesting ideas pertaining to finances," Harris said.

"I proposed a weekly puppet show and they were amazed by the idea."

"Cyber Brats," which began in late 2020, focuses on a fictional radio talk show with host Cyber Sly and his team highlighting topics on phishing scams, malware and more. Sponsored links to spread awareness are also included in the show.

"I think it's very important because last year we lost around \$56 billion to identity theft alone," Harris said.

"Puppetry is really just not as big as it was during the Jim Henson days," he

said, referring to the creator of the Muppets, "so I felt this is a way to keep puppetry relevant within a topic that affects us all in some way."

Harris continues to attend meetings with AARP and learn more about fraud and cyber scams targeting seniors which he turns into material for his educational content. Harris said his goal with his videos is to help spark people's interest in cybersecurity.

"I would like for people to come together and share information," Harris said.

"I think if we all come together and share information, it would be great for all of us and I hope I'm using puppetry to draw us all together."

To learn more, go to [kenharrisnews.com](#) and subscribe to his Primetime Prevention Theatre channel on YouTube.



Courtesy photo

A new line of U.S. Postal Service Forever stamps pays homage to America's thirst for espresso drinks.

Would you like a latte with that letter? Espresso Drinks stamps now on sale

WASHINGTON, DC — The U.S. Postal Service celebrates America's love of coffee with the issuance of four new stamps.

Whether milky, dark as night, sweetened, flavored or highly concentrated, many coffee drinks have one thing in common — they begin with espresso.

This booklet of 20 stamps features four unique designs illustrating popular espresso drinks — espresso, cappuccino, caffè latte and caffè mocha. It may be purchased at [usps.com](#).

Capturing the inviting atmosphere of an early 20th-century café, artist Terry Allen created each digital illustration with the style of 1920s and 1930s advertising posters in mind.

The names of the espresso drinks appear in art deco-inspired lettering above or below each enticing cup.

Art director Greg Breeding designed the stamps with original artwork by Allen.

Espresso drinking in the United States is at an all-time high. With the growing popularity of artisanal coffee shops, extensive research on the roasting and brewing process, and continued innovation in machinery to make the perfect cup, specialty coffee is better than it has ever been.

When it comes to espresso, most Americans rely on a barista working at a coffeehouse to carefully craft their specialty drink, but at-home espresso machines are also growing in popularity. Whether a routine part of getting going in the morning or a reason to gather socially at a local café, drinking beverages made with espresso has become increasingly trendy.

Customers may purchase stamps and other philatelic products through the Postal Store at [usps.com/shopstamps](#), by calling 844-737-7826, by mail through USA Philatelic, or at Post Office locations nationwide.

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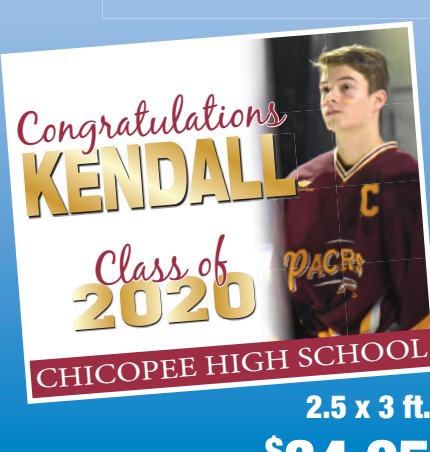
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